

Possible Hazards of Cell Phones and Towers, Wi-Fi, Smart Meters, and Wireless Computers, Printers, Laptops, Mice, Keyboards, and Routers

Book Four

Since 2013 I have been emailed several dozen reports of possible medical and other hazards from intense electromagnetic radiation from cell phones and towers, Wi-Fi, smart meters, and wireless computer accessories including wireless computers, keyboards, mice, routers, printers, and laptops.

I have previously compiled a total of 600 pages of these reports in chronological order in three separate books with the same title as this “Book Four”.

All four ‘EMF Hazards’ books are linked at www.commutefaster.com/vesperman.html and www.padrak.com/vesperman. Approximately 35 authoritative wireless radiation hazards-related reports are also linked at these two websites.

This report begins with “Disclaimers”, a table of contents, “Items of Outstanding Interest”, and a new supplementary set of potentially useful “Recommendations for Actions”.

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Items of Outstanding Interest

At least 3% of the population have EHS (electromagnetic hypersensitivity). No one is born with EHS. Everyone with EHS tells the same story – they spent a lot of time around wireless radiation with no problems for a period of time, then one day, something happens suddenly and then EHS is triggered.

Common EHS symptoms are headaches, tinnitus, sleeping problems, concentration and memory problems, nosebleeds, extreme thirst, pain in the hands/ears hot when using cell phone, bad allergies, skin rashes, digestive problems including heartburn and stomach pains, neurological problems including anxiety and panic attacks, heart palpitations, strong fatigue, and appetite loss.

Myriad symptoms of radiation poisoning can be induced at exposure levels hundreds, even thousands of times lower than current standards permit. Russia's public exposure standards are 100 times more stringent than ours because Russian scientists have consistently shown that, at U.S. exposure levels, humans develop pathological changes in heart, kidney, liver and brain tissues, plus cancers of all types.

Recommendations for Action

Jack Kruse (Kruze?), one among many interesting people, a brain surgeon, has interesting ideas about the energy system and how it works. The concepts of red vs blue light and its influence on the hormone system as well as on the energy circuit of the body, which should be of interest to all electrical engineers, coupled with which type of food are best suited to the amount of light you get (also related to D vit). Other people are Jerry Tennant and of course Professor Gerald Pollack, among many more. But Jack Kruse has some simple tactics like using red light.

If you are in a meeting, on public transportation, in a courtroom or other public places, such as a doctor's office, keep your cell phone turned off out of consideration for the 'secondhand radiation' effects. Children are also more vulnerable, so please avoid using your cell phone near children.

Avoid carrying your cell phone on your body, and do not sleep with it under your pillow or near your head. Ideally, put it in your purse or carrying bag. Placing a cell phone in your bra or in a shirt pocket over your heart is asking for trouble, as is placing it in a man's pants pocket if he seeks to preserve his fertility.

The most dangerous place to be, in terms of radiation exposure, is within about six inches of the emitting antenna. You do not want any part of your body within that area while the phone is on.

Don't assume one cell phone is safer than another. There's no such thing as a 'safe' cell phone.

Use a well-shielded wired headset: Wired headsets will certainly allow you to keep the cell phone farther away from your body. However, if a wired headset is not well-shielded – and most of them are not – the wire itself can act as an antenna attracting and transmitting radiation directly to your brain.

So make sure the wire used to transmit the signal to your ear is shielded. One of the best kinds of headsets use a combination of shielded wire and air-tube. These operate like a stethoscope, transmitting the sound to your head as an actual sound wave; although there are wires that still must be shielded, there is no wire that goes all the way up to your head.

Microwaves: The Radiation Poisoning of America

[Editor's Note: This is yet another excellent article by Amy Worthington on the clear and present dangers of microwave poisoning. We must **file lawsuits** against property owners who rent their land for use by cell phone tower companies. We must force the federal government to relinquish control over the decision to erect cell phone towers and return that decision back to the state and local level. We must STOP using personal microwave devices: microwave ovens, wireless internet connections (or ANY wireless device), or cell phones. Throw out your **cordless phone**; use a hard-wired phone. We should go back to using land lines primarily and only use a cell phone for a TRUE emergency. If you must have a cell phone, then cell phones should be TURNED OFF unless you NEED to make a call. Children, if you care about them, SHOULD NOT have cell phones, period.

There are radiation detection meters offered at the end of the article. The relatively inexpensive (but highly sensitive) **Zap Checker** microwave radiation meter was brought to my attention in early 2002 by Al Gray <captaindragonfarstar@yahoo.com> who deserves full and complete credit for recognizing the incredible sensitivity and utility of this instrument...Ken]. .

By Amy Worthington

<http://educate-yourself.org/cn/mircrowaveradiationpoisoningamerica08oct07.shtml>
October 8, 2007

Microwaves: The Radiation Poisoning of America (Oct. 8, 2007)

Forward courtesy of Gary Vesperman

From the September 2007 Idaho Observer:
<http://www.proliberty.com/observer/20070910.htm>.

Introductory comments from Don Harkin:

Prior to 1996, the wireless age was not coming online fast enough, primarily because communities had the authority to block the siting of cell towers. But the Federal Communications Act (1996) made it virtually impossible for communities to stop construction of cell towers – even if they pose threats to public health and the environment.

Since the decision to enter the age of wireless convenience was politically determined for us, we have forgotten well-documented safety and environmental concerns and, with a devil-may-care zeal that is lethally short-sighted, we have incorporated into our lives every wireless toy that comes on the market as quickly as it becomes available. We behave as if we are addicted to radiation. Our addiction to cell phones has led to harder ‘drugs’ like wireless Internet. And now we are bathing in the radiation that our wireless enthusiasm has financed. The addicted, uninformed, corporately biased and politically-influenced may dismiss our scientifically-sound concerns about the apocalyptic hazards of wireless radiation. But we must not. Instead, we must sound the alarm.

Illa Garcia wore jewelry the first day she went back to work as a fire lookout for the state of California in the summer of 2002. The intense radiation from dozens of RF/microwave antennas surrounding the lookout **heated the metals on her body** enough to burn her skin. "I still have those scars," she says. "I never wore jewelry to work [to her job] after that."

Likely Mountain Lookout, on U.S. Forest Service land with a spectacular view of Mount Shasta, is one of thousands of RF/microwave 'hot spots' across the nation. A newly-erected cellular communications tower was only 30 feet from the lookout. "One antenna on that tower was even with our heads," recalls Garcia. "We could hear high-pitched buzzing. There were also three state communications antennas mounted on the lookout, only 6 feet from where we walked. We climbed past them every day."

Motorola company manuals for management of communications sites confirm that high-frequency radiation from these antennas is nasty stuff. Safety regulations mandate warning signs, EMF awareness training, protective gear, even transmitter deactivation for personnel working that close to antennas. Garcia and co-worker Mary Jasso were never warned about the hazards which, they say, demonstrates extreme malfeasance on the part of agencies and commercial companies responsible for their exposure.

By the end of fire season, Garcia and Jasso were so ill they were forced to retire and the lookout was closed to state personnel. Garcia, 52, is now severely disabled with fibromyalgia, auto-immune thyroiditis and acute nerve degeneration. Medical tests confirmed broken DNA strands in her blood and abnormal tissue death in her brain.

Dr. Gunner Heuser, a medical specialist in neurotoxicity, states that Garcia's disorders are a result of chronic electromagnetic field exposure in the microwave range and that "she has become totally disabled as a result." Dr. Heuser said, "In my experience patients develop multisystem complaints after EMF exposure just as they do after toxic chemical exposure."

Jasso, who worked the lookout for 11 seasons, is now disabled with brain and lung damage, partial left side paralysis, muscle tremors, bone pain and DNA damage. Jasso discovered that all lookouts who worked Likely Mountain since 1989 are disabled. At only 61 years of age, she has lost so much memory that she cannot remember back to when her first three children were born. She fears that communications radiation may be a major factor in the nation's phenomenal epidemics of dementia and autism.

Both women say they have been unjustly denied worker's comp and medical benefits. Their pleas for help to state and federal agencies have been fruitless. Between them they have racked up over \$150,000 in medical bills, although there is no effective treatment for radiation sickness.

Twenty-two other members of Garcia and Jasso's two families received Likely Mountain radiation exposure. All suffer serious and expensive illnesses, including tumors, blood abnormalities, stomach problems, lung damage, bone pain, muscle spasms, extreme fatigue, tremors, numbness, impaired motor skills, cataracts, memory loss, spine degeneration, sleep problems, low immunity to infection, hearing and vision problems, hair loss and allergies.

Jasso's husband, who often stayed at the lookout, has a rare soft tissue sarcoma known to be radiation related. Garcia's husband, who spent little time at the lookout, has systemic cancer that started with sarcoma of the colon. Garcia's daughter Teresa was at the lookout for a total of two hours during her first pregnancy. Her daughter was born with slight brain damage and immunity problems. "That baby was always sick," says Garcia. Teresa spent only three days at the lookout during her second pregnancy. Her son was born with autism.

Garcia and Jasso also have a terminal condition known as 'toxic encephalopathy', involving brain damage to frontal and temporal lobes. This was confirmed by SPECT brain scans. Twelve others in the two-family group who also had the scans were diagnosed with the affliction. "All of us with this condition have been told that we're dying," says Garcia. "Our mutated cells will reproduce new mutated cells until the body finally shuts down."

Nuclear bombs on a pole

Painful conditions endured by the families of Garcia and Jasso are identical to those suffered by Japanese victims of gamma wave radiation after nuclear explosions at Hiroshima and Nagasaki in 1945. Five decades of studies confirm that non-ionizing communications radiation in the RF/microwave spectrum has the same effect on human health as ionizing gamma wave radiation from nuclear reactions. Leading German radiation expert Dr. Heyo Eckel, an official of the German Medical Association, stated, "The injuries that result from radioactive radiation are identical with the effects of electromagnetic radiation. The damages are so similar that they are hard to differentiate."¹

Understanding what happened at Likely Mountain is critical to understanding the public health threat posed by radiation in the United States. The families of Garcia and Jasso, plus previous lookout workers and multitudes of tourists who visited Likely Mountain for camping and sightseeing, were beamed by the same kind of high-frequency radiation that blasts from tens of thousands of neighborhood cell towers and rooftop antennas erected across America for wireless communications. The city of San Francisco, with an area of only seven square miles, has over 2,500 licensed cell phone antennas positioned at 530 locations throughout the city. In practical terms, this city, like thousands of others, is being wave-nuked 24 hours a day.

The identical damage resulting from both radioactive gamma waves and high-frequency microwaves is a pathological condition in which the nuclei of irradiated human cells splinter into fragments called micronuclei. Micronuclei are a definitive pre-cursor of cancer. During the 1986 nuclear reactor disaster at Chernobyl in Russia, the ionizing radiation released was equivalent to 400 atomic bombs, with an estimated ultimate human toll of 10,000 deaths. Exposed Russians quickly developed blood cell micronuclei, leaving them at high risk for cancer.

What they wouldn't tell us

RF/microwaves from cell phones and cell tower transmitters also cause micronuclei damage in blood cells. This was reported a decade ago by Drs. Henry Lai and Narendrah Singh, biomedical researchers at the University of Washington in Seattle. Dr. Singh is famous for refining comet assay techniques used to identify DNA damage. Lai and Singh demonstrated in numerous animal studies that mobile phone radiation quickly causes DNA single and double strand breaks at levels well below the current federal 'safe' exposure standards.²

The telecommunications industry knows this thanks to its own six-year, wireless technology research (WTR) study program mandated by Congress and completed in 1999. Gathering a team of over 200 doctors, scientists and experts in the field, WTR research showed that human blood exposed to cell phone radiation had a 300-percent increase in genetic damage in the form of micronuclei.³ Dr. George Carlo, a public health expert who coordinated the WTR studies, confirms that exposure to communications radiation from wireless technology is 'potentially the biggest health insult' this nation has ever seen. Dr. Carlo believes RF/microwave radiation is a greater threat than cigarette smoking and asbestos.

In 2000, European communications giant T-Mobile commissioned the German ECOLOG Institute to review all available scientific evidence in regard to health risks for wireless telecommunications. ECOLOG found over 220 peer-reviewed, published papers documenting the cancer-initiating and cancer-promoting effects of the

¹ Interview with Dr. Eckel published by Schwabischen Post 12-07-06. Find interview at www.hese-project.org. See "The Cell Nucleus is Mutating."

² "Neurological Effects of Radiofrequency Electromagnetic Radiation," a paper presented by Dr. Lai to the Mobile Phones and Health Symposium, October 25-28, 1998, University of Vienna. Also "DNA Damage and Cell Phone Radiation," www.rfsafe.com, 11-02-05.

³ Cell Phones: Invisible Hazards in the Wireless Age, Dr. George Carlo and Martin Schram, Carroll & Graf Publishers, 2001, p.151.

high-frequency radiation employed by wireless technology.⁴ Many corroborating studies have been published since.

By 2004, 12 research groups from seven European countries cooperating in the REFLEX study project confirmed that microwaves from wireless communications devices cause significant single and double strand DNA breaks in both human and animal cells under laboratory conditions.⁵ In 2005, a Chinese medical study confirmed statistically significant DNA damage from pulsed microwaves at cell phone levels.⁶ That same year, University of Chicago researchers described how pulsed communications microwaves alter gene expression in human cells at non-thermal exposure levels.⁷

Because gamma waves and RF/microwave radiation are identically carcinogenic and genotoxic to the cellular roots of life, the safe dose of either kind of radiation is zero. No study has proven that any level of exposure from cell-damaging radiation is safe for humans. Dr. Carlo confirms that cell damage is not dose dependent because any exposure level can trigger damage response by cell mechanisms.⁸

Officials at the U.S. Food and Drug Administration and the National Institutes of Health closely reviewed the damning results of WTR studies, which also revealed microwave damage to the blood brain barrier, but have chosen to downplay, obfuscate and even deny the irrepressible science of the day. Raking in \$billions from selling spectrum licenses, the feds have allowed the telecom industry to unleash demonstrably dangerous technology which induces millions of people to become brain-intimate with improperly tested wireless devices⁹ and which saturates the nation with carcinogenic waves to service those devices. Dr. Carlo says that even the American Cancer Society is in bed with the communications industry, which infuses the Society with substantial contributions.¹⁰

Two ways to die

Medical science illustrates that there are two ways to die from radiation poisoning: Fast burn and slow burn. Nuclear flash-burned Japanese had parts of their flesh melt off before they died in agony within hours or days. People have also quickly died after walking through powerful radar beams, which can microwave-cook internal organs within seconds of exposure.

Slow-burn radiation mechanisms are cumulative, progressive, ongoing and continual. Thousands of Japanese nuke bomb victims died painfully years after exposure. The slow burn process of RF/microwave exposure is manifested by cancer clusters commonly found in communities irradiated by cell tower transmitters. Recent Swedish epidemiological studies confirm that, after 2,000 hours of cellular phone exposure, or a latency period of about 10 years, brain cancer risk rises by 240 percent.¹¹

⁴ "Mobile Telecommunications and Health – Summary of the ECOLOG study for T-Mobile, 2000," Find this summary at www.hese-project.org.

⁵ "Cell Phone Radiation Harms DNA, Study Claims," (Reuters) MSNBC, 12-04-04. Also "Mobile Phone Radiation Harms DNA," R. Moss, CPR News Bureau, 10-16-06.

⁶ "RF-Induced DNA Breaks Reported in China," Microwave News, 09-29-05. This report comes from the Zhejiang University School of Medicine.

⁷ "2.45 GHz radiofrequency fields alter gene expression in cultured human cells," Lee S et al, Department of Medicine, University of Chicago, PubMed 16107253.

⁸ "Health Social Services and Housing Sub-Panel Telephone Mast Review," a public discussion by Dr. George Carlo, 2-26-07. Find this excellent dissertation at www.safewireless.org.

⁹ Few Americans know that cell phones have never been safety tested thanks to the FDA, which exempted cell phones from pre-market testing based on a "low power exclusion" rule.

¹⁰ "The American Cancer Society is Misleading the Public," Dr. George Carlo, 8-5-07. Find this statement at www.buergerwelle.com.

¹¹ "Long-Term Mobile Phone Use Raises Brain Tumor Risk: Study," Reuters, 03-31-06. This research was conducted by the Swedish National Institute for Working Life whose scientists studied 905 people with malignant brain tumors to confirm a 240% increased risk of brain tumors after heavy mobile phone use.

Communications antennas blast the human habitat with many different electromagnetic frequencies simultaneously. Human DNA hears this energetic cacophony loud and clear, reacting like the human ear would to high-volume country music, R&B plus rock and roll screaming from the same speaker simultaneously. Irradiated cells struggle to protect themselves against this destructive dissonance by hardening their membranes. They cease to receive nourishment, stop releasing toxins, die prematurely and spill micronuclei fragments into a sort of 'tumor bank account'.

Nuking the crew

The constant roaming pain is intense for 32-year-old Kenneth Hurtado of Southern California. He's been to hell and back, starting with a seven-pound tumor on a kidney, diagnosed in 2002. The cancer spread to his brain. His first brain tumor was removed by craniotomy, the second by the cyber knife. In 2005, cancer nodes were found in his lungs. By 2006, the cancer had metastasized to his legs. This year he is battling three excruciating tumors on his spinal cord. Hurtado hates his seizures. His last one came on while he was driving. "It's like the devil taking over your body," he says.

Now unable to work, Hurtado says he was relatively healthy in 1998 when he began a career as an installer for a large international corporation manufacturing electronics equipment for wireless providers. At the base of cell towers there is an equipment 'hut' where installers assemble the radios, amplifiers and filters which generate man-made microwave frequencies and route them up to transmitter antennas through huge cables. Mounted on sector supports aptly named alpha, beta and gamma, the antennas send and receive these carcinogenic radio waves and their pulsed data packets at the speed of light.

Posted on locked fences around the huts are 'danger' warning signs. Hurtado says, "You look around these sites and you find many dead birds on the gravel. They can't take the radiation, and they'll just die. You don't have to ponder that too long to figure it's bad."

Hurtado doesn't know how much radiation he got on the job. He says there are at least four connection spots inside the hut where radiation can leak. He could not avoid the 'heat' when he turned the radios on for testing and he wonders if his cancer is the result. "When I first got hired, we had safety meetings, but they pretty much minimized the hazards," he remembers. He was issued no electromagnetic safety clothing and it was not until 2002 that he got a radiation meter to wear. "The meter is supposed to warn you if you are getting too much radiation," he said, "but I put mine on a stick and placed it next to antennas and the alarm never went off."

A medical report in the International Journal of Occupational and Environmental Health confirms that workers exposed to high levels of RF/microwave radiation routinely have astronomical cancer rates.¹² The report notes that, for these workers, the latency period between high radiation exposure and illness is short compared to less exposed populations.

Hurtado said there are many industry workers who are dangerously over-exposed. "I've talked to guys on power crews who have to climb around the antennas and they've told me that before a work day is half over, they start feeling really sick." He added, "In my mind they are getting cooked."

Hurtado suspects that, since the early days of the wireless buildout, there has been illegal activity related to public exposure from transmission sites. "I'm pretty sure," he says, "that some of the carriers are exceeding FCC exposure limits. They can turn the radios and amplifiers up to get a bigger footprint and they don't care if the alarms go on once the installers are gone." Regulatory inspectors could identify violators because channels can be spectrum analyzed. "But," he says, "there is just no one to check and I believe that the public is getting way too much radiation now."

¹² "Cancer in Radar Technicians Exposed to RF/Microwave Radiation: Sentinel Episodes," Richter E. et al, Int. J. Occup Environ Health 6 (3):187-193, 2000.

Regulators asleep at the wheel

The Federal Communications Commission (FCC), the single agency with authority to regulate the communications industry, has neither money, manpower nor motive to properly monitor radiation output from hundreds of thousands of commercial wireless installations spewing carcinogenic waves across the nation. The FCC admits that physical testing to verify compliance with emissions guidelines is relatively rare.

Critics say that FCC appointees, with virtually no medical or public health expertise, represent an old-boy network and a cheering squad for the telecommunications and broadcast industries. The Center for Public Integrity found that FCC officials have been bribed by the industries with such perks as expensive trips to Las Vegas.¹³

Dr. Carlo confirms that there is no regulatory accountability. He says, "You have to go to those base stations and independently measure what is coming out of them because we have had many instances where you have an antenna that is allowed by law to transmit at 100 watts and we have seen up to 900 to 1000 watts. You can turn things up when nobody is looking."¹⁴

Neighborhood groups monitoring the broadcast/communications antenna farm on Lookout Mountain near Denver, Colorado, have consistently found that, despite protests to the FCC over nine years, radiation on the mountain has been measured at up to 125 percent of exposure levels permitted by federal law.¹⁵

Lethal exposure guidelines

Even if there were reliable compliance monitoring, experts say that FCC public exposure guidelines for RF/microwave radiation are deadly because they are based on the obsolete and unfounded theory that only power density hot enough to flash-cook tissues is harmful. This puts FCC at odds with current scientific evidence regarding the minimum exposure level at which harm to living cells begins.

Myriad symptoms of radiation poisoning can be induced at exposure levels hundreds, even thousands of times lower than current standards permit. Russia's public exposure standards are 100 times more stringent than ours because Russian scientists have consistently shown that, at U.S. exposure levels, humans develop pathological changes in heart, kidney, liver and brain tissues, plus cancers of all types.¹⁶

Norbert Hankin, chief of the EPA's Radiation Protection Division, states that the FCC's exposure guidelines are protective only against effects arising from a thermal (flash burn) mechanism. He concedes that, "the generalization by many, that these guidelines protect human beings from harm by any and all mechanisms, is not justified."¹⁷

Thus, public microwave exposure levels tolerated by the FCC and its industry-loaded advisory committees are a national health disaster. Yet, for pragmatic and lucrative reasons, federal exposure limits have been deliberately set so high that no matter how much additional wireless radiation is added to the national burden, it will always be "within standards'."

¹³ "FCC Lives Large off Lobbyist Bribes," Capitol Hill Blue, 05-22-03, capitolhillblue.com.

¹⁴ "Health Social Services and Housing Sub-Panel Telephone Mast Review," public discussion by Dr. George Carlo, 2-26-07. Find this excellent dissertation at www.safewireless.org.

¹⁵ See www.c-a-r-e.org for information about groups affected by Lookout Mountain broadcast antennas.

¹⁶ For an excellent chart comparing biological effects at power density levels and a list of international exposure standards, go to: "Radio Wave Packet," Arthur Firstenberg, Cellular Phone Task Force, Sept 2001; also find this power density list at: "Analysis of Health and Environmental Effects of Proposed San Francisco Earthlink WiFi Network, Magda Havas, Ph.D, Trent University, May 2007.

¹⁷ Quote from letter by Norbert Hankin, chief environmental scientist with EPA's Radiation Protection Division. This letter was received by EMR Network 7-16-02 and can be found at www.emrnetwork.org.

The FCC regulatory mess comes into focus with the Likely Mountain case. Jasso says that when she and Garcia contacted the FCC regarding their radiation injuries, they were met with an appalling lack of expertise and concern. "FCC has no answers," Jasso says. "Their exposure guidelines are convoluted and nonsensical. They refuse to address problems of multiple antennas, field expansion, human body coupling and blood reversal because they want to avoid regulatory problems at telecommunication sites." She adds, "FCC will fine a licensee thousands of dollars for not having a light installed on top of a telecommunications tower, but they have not issued even a warning letter to their licensees for the injuries that occurred on Likely Mountain. They say injury cannot occur because their licensees are regulated."

Catch 22

When Garcia and Jasso filed suit against companies operating microwave transmitters on Likely Mountain, they could find no attorney who would take their case and they were forced to proceed pro se. In August, 2007, a California district court denied their claim, mainly on the grounds that they had not proven that the defendants had exceeded FCC exposure guidelines. Under federal law the shattered health of 24 people, plus medical testimony, is not sufficient proof of negligence and liability.

Since FCC provides no enforcement monitoring at transmitter sites and since the radiation industry is not required to prove with consistent documentation that it is compliant, injured parties have little chance of proving non-compliance because the damage to their health often becomes obvious months or even years after their typically undocumented exposure.

The court worried that the Garcia-Jasso case highlights "the conflict between the FCC's delegated authority to establish RF radiation guidelines and limits and plaintiffs' attempt to establish that wireless facilities like the one at Likely Mountain are ultrahazardous."

So, while current science provides ample evidence that FCC's guidelines are ultrahazardous, the radiation industry hides behind FCC incompetence, simply because FCC retains exclusive authority to set the standards.

The FCC's disastrous authority is calcified by the Telecommunications Act (TCA) of 1996. The telecom industry is infamous for lavish 'donations' which keep legislators on its leash. Anticipating a national radiation health crisis and the public backlash that would follow, the telecom lobby blatantly bought itself a provision in the law that prohibits state and local governments from considering environmental (health) effects when siting personal wireless service facilities so long as "...such facilities comply with the FCC's regulations concerning such emissions."

Many say the TCA insures that America's war on cancer will never be won, while protecting gross polluters from liability.

On our own

After passage of the TCA, a group of scientists and engineers, backed by the Communications Workers of America, filed suit in federal court. They hoped the Supreme Court would review both the FCC's outdated exposure guidelines and the legality of a federal law that severely impedes state and local authority in the siting of hazardous transmitters. In 2001, the Supreme Court refused to hear the case. The group's subsequent petition to the FCC asking the agency to bring its exposure guidelines current with the latest scientific data was denied.¹⁸

¹⁸ "Supreme Court Rebuffs Challenge to U.S. Tower Policy," Microwave News, Jan./Feb 2001.

EMR Network Petition For Inquiry To Consider Amendment of Parts 1 and 2 of the FCC's Rules Concerning the Environmental Effects of Radiofrequency Radiation, September 25, 2001. See also FCC order to deny application for review filed by the EMR Network, adopted July 28, 2003.

This is where we stand today. The public has no vote, no voice, and no choice. Chronic exposure to scientifically indefensible levels of DNA-ravaging radiation is now compulsory for everyone in America. This is why Garcia and Jasso are ill today; this is why the industry enjoys unchallenged power to place dangerous transmitters in residential and commercial areas with unsafe setbacks and; this is why untold thousands of Americans in buildings with transmitters on the roof are given no safety warnings, though they work and dwell in powerful, carcinogenic electromagnetic fields. In the meantime, the radiation industry rakes in \$billions in quarterly profits, none of which is set aside for to pay for the national health catastrophe at hand.

Every citizen is now condemned to protect and defend himself against radiation assault as best he can. There have been a number of lawsuits against the radiation industry since cell towers began going up in backyards across the nation. In 2001, a group action lawsuit was filed in South Bend, Indiana, by families living in close proximity to towers. The complaint describes health effects suffered by the plaintiffs, including heart palpitations, interference with hearing, recurring headaches, short term memory loss, sleep disturbances, multiple tumors, glandular problems, chronic fatigue, allergies, weakened immune system, miscarriage and inability to learn.¹⁹

The South Bend suit was settled out of court on the basis of nuisance and decreased property values. Health claims don't hold water if emissions are within FCC exposure standards. This case is valuable for understanding the lunacy of FCC standards. The sick families enlisted the help of radiation consultant Bill Curry, who honed his expertise as an engineer for Argonne and Livermore labs. Dr. Curry found that one of the towers was irradiating homes at over 65 microwatts per square centimeter.²⁰ This power density is well within federal exposure standards, which allow any neighborhood to be zapped with at least 580 microwatts per square centimeter, or higher, depending on the frequencies. If the families were sick at 65 microwatts/cm² what would they be at 580? Considering that the Soviets used furtive Cold War microwave bombardment to make US embassy personal radiation-sick at an average exposure level of only .01 microwatts/cm², America's clear and present danger is obvious.²¹

How radiation sick is America?

Since the wireless revolution began wave-nuking the U.S. in the 1990s, there have been no federally funded health studies to assess the cumulative effects of ever-increasing communications radiation on public health. There is no national database enabling citizens to study the location of transmitters in their areas. Local and state governments can offer no information on how much commercial wireless radiation is contaminating their populations. When trying to find out who owns a tower or which companies have transmitters on that tower, citizens usually hit a brick wall.

Dr. Carlo heads the only independent, post-market health surveillance registry in the nation where people can report radiation illness.²² Dr. Carlo said the registry has heard from thousands of people who believe that their illnesses, including brain and eye cancers, are due to telecommunications radiation from both wireless phones and tower transmitters. In the last two years, the registry has seen an upsurge in reports as transmitters become ever more energetically dangerous in order to accommodate increased data flow for new, multi-media technologies.

¹⁹ Hicks, Onnink, Barber, Pennington v. Horvath Communications, Cause No.71C01-0107-CP St. Joseph Circuit Court, St Joseph County, Indiana.

²⁰ "Some Unexpected Health Hazards Associated with Cell Tower Siting," Bill P.Curry, PhD., Cell Towers: Wireless Convenience or Environmental Hazard? The Berkshire-Litchfield Environmental Council, edited by B. Blake Levitt, 2000. See chapter 6.

²¹ Practical Guidelines to Protect Human Health Against Electromagnetic Radiation Emitted in Mobile Telephony, Summary June 2001, Miguel Muntane Condominas, industrial engineer for Consulting Comunicacio i Disseny S.L, Barcelona, m.co-di@eic.ictnet.es. See Section 4.3.1 "US Embassy in Moscow Study."

²² See www.health-concerns.org and www.safewireless.org. These sites provide a pathway to access Dr. Carlo's Mobil Telephone Health Concerns Registry where people can report ill health effects from living near microwave transmitters or from the use of wireless devices.

We can only guess how many Americans are in their graves today from microwave assault. Arthur Firstenberg, who founded the Cellular Phone Task Force, wrote that, on November 14, 1996, New York City's first digital cellular provider activated thousands of PCS antennae newly erected on the rooftops of apartment buildings. Health authorities reported that a severe and lingering flu hit the city that same week. In response to its classified newspaper ad advising that radiation sickness is similar to flu, the Task Force heard back from hundreds of people who reported sudden onset symptoms synchronous to microwave startup – symptoms similar to stroke, heart attack and nervous breakdown.

Firstenberg gathered statistics from the U.S. Centers for Disease Control and analyzed weekly mortality statistics published for 122 U.S. cities. Each of dozens of cities recorded a 10-25 percent increase in mortality, lasting two to three months, beginning in the week during which that city's first digital cell phone network began commercial service. Sites with no cellular system start up in the same time period showed no abnormal increases in mortality.²³

Studies abroad

Recent health surveys in other nations confirm that people living close to wireless transmitters are in big trouble:

- In 2002, French medical specialists found that people living close to cell towers suffered extreme sleep disruption, chronic fatigue, nausea, skin problems, irritability, brain disturbances and cardiovascular problems.²⁴
- German researchers found that people living within 1,200 feet of a transmitter site in the German city of Naila had a high rate of cancer and developed their tumors on average eight years earlier than the national average. Breast cancer topped the list.²⁵
- Spanish researchers found that people living within 1,000 feet of cellular antennas had statistically significant illness at an average power density of 0.11 to 0.19 microwatts /cm², which is thousands of times less than allowed by international exposure standards.²⁶
- An Egyptian medical study found that people living near mobile phone base stations were at high risk for developing nerve and psychiatric problems, plus debilitating changes in neurobehavioral function. Exposed persons had significantly lower performance on tests for attention, short-term auditory memory and problem solving.²⁷
- Researchers in Israel studied people in the town of Netanya who had lived near a cell tower for 3-7 years. They had a cancer rate four times higher than the control population. Breast cancer was most prevalent.²⁸

Europe in an uproar

A new European Union poll of more than 27,000 people across the continent reveals that 76 percent of respondents feel that they are being made ill by wireless transmitters.²⁹ Seventy-one percent in the UK believe they suffer health effects from mast (cell tower) radiation. In April 2007, The London Times reported a startling number of cancer clusters in mast neighborhoods. One study in Warwickshire, found 31 cancers around a single

²³ "Electromagnetic, Fields, (EMF) Killing Fields," Arthur Firstenberg, *The Ecologist*, v. 34, n. 5, 6-10-2004.

²⁴ "Study of the health of people living in the vicinity of mobile phone base stations: I. influences of distance and sex," R. Santini et al, Institut National des Sciences Appliquées—laboratoire de biochimie-pharmacologie, 2002.

²⁵ "Cancer Risks from Microwaves Confirmed," Dr. Mae-Wan Ho, Institute of Science in Society press release, 5-24-07.

²⁶ "The Microwave Syndrome—a preliminary study in Spain," Navarro E. et al, *Biology and Medicine*, 22 (2 &3) 161-169, 2003; also "The Microwave Syndrome—Further Aspects of a Spanish Study," Oberfeld G et al 2004, International Conference Proceedings, Kos, Greece 2004.

²⁷ "Neurobehavioral Effects Among Inhabitants Around Mobile Phone Base Stations," Abdel-Rassoul et al, *Neurotoxicology*, 8-01-2006.

²⁸ "Increase of Cancer Near Cell-Phone Transmitter Station," Wolf D. and Wolf, *International Journal of Cancer Prevention* 1-2, April 2004.

²⁹ "Two in Three Believe Radiation from Phones Damaged their Health," Geoffrey Lean, 7-8-07 Independent on Sunday, U.K.

street.³⁰ Some sick Brits send their blood to a lab in Germany, which uses state-of-the-art methodology to confirm wireless radiation damage.

Radiation sickness is now so prevalent in Germany that 175 doctors have signed the Bramberger Appeal, a document calling the situation a "medical disaster". It asks the German government to initiate a national public health investigation. This appeal closely follows the Freiburger Appeal, signed by thousands of German doctors who say they are dealing with an epidemic of severe and chronic diseases among both old and young patients exposed to wireless microwave radiation. The head of the cancer registry in Berlin found that one urban area with cellular antennas had a breast cancer rate seven times the national average.³¹

Sweden was one of the first nations to go wireless. Swedish neuroscientist, Dr. Olle Johansson, with hundreds of published papers to his credit, said that a national epidemic of illness and disability was unleashed by the wireless revolution. Long periods of sick leave, attempted suicides and industrial accidents all increased simultaneously with introduction of mobile phone radiation. Ninety-nine percent of the Swedish population is now under duress of powerful third generation masts. Johansson reports that people are plagued with sleep disorders, chronic fatigue that does not respond to rest, difficulties with cognitive function and serious blood problems. Recurrent headaches and migraines are a "substantial public health problem," he says.³²

Rooftop transmitters, which readily pass microwave radiation into structures, can be a death sentence. Across the world there are reports of cancer clusters and extreme illness in office buildings and multi-tenant dwellings where antennas are placed on rooftops directly over workers and tenants. In 2006, the top floors of a Melbourne University office building were closed after a brain tumor cluster drew media attention to the risks of communications transmitters on top of the building.³³ Likewise, ABC's Brisbane television complex, topped with satellite dishes and radio antennas, was the site of a well-publicized breast cancer cluster among workers.³⁴

Deadlier death rays

In the meantime, the radiation cowboys of America are having a good 'ol time because they know there's no sheriff in town. The commercial wireless industry is relentless in its drive to construct thousands of new transmitter sites in neighborhoods and schoolyards everywhere, while adding more powerful antennas at its older sites. Countless Wi-Fi systems, both indoors and out, accommodate wireless laptop computers, personal digital assistants, Wi-Fi-enabled phones, gaming devices, video cameras, even parking and utility meters. Hundreds of cities already have or are planning to fund Wi-Fi networks – each consisting of thousands of small microwave transmitters bolted to buildings, street lamps, park benches and bus stops. Some networks are being buried under sidewalks. These access points or 'nodes' blast carcinogenic energy at 2.4 to 5 gigahertz with virtually no warning signs about radiation exposure. Wi-Fi radiation is unregulated by the FCC.

Sprint-Nextel and Clearwire are now rolling out in U.S. cities tower-mounted WiMAX transmitters providing wireless internet access "to die for." WiMAX is Wi-Fi on steroids. Upon startup of WiMAX transmitters near the Swedish village of Gotene, the emergency room at the local hospital was flooded by calls from people overcome with pulmonary and cardiovascular symptoms.³⁵

³⁰ "Cancer Cluster at Phone Masts," Times On Line, The Sunday Times, UK 4-22-07.

³¹ Report by Roland Stabenow, 9-21-06, head of cancer registry in Berlin.

³² "How Shall We Cope With the Increasing Amounts of Airborne Radiation?" Olle Johansson, Journal of the Australasian College of Environmental Medicine, Dec. 2006.

³³ "Building Top Floors Closed After Brain Tumor Alert," Lisa Macnamara, The Australian, UK, 05-13-07. Read this report at www.rense.com.

³⁴ "Cancer Strikes 12 Female Staffers," Tony Koch, Omega-News, 4-06-07.

³⁵ Swedes Hit Hard By WiMax, 6-12-06, Reported by Swedish media about Swedish town Gotene. Hospital emergency room flooded with calls regarding headaches, difficulty breathing, blurry vision and heart problems. At least 5 people had to leave their homes.

WiMAX radiation could one day be cranked up to a bone-incinerating 66 gigahertz.³⁶ A single WiMAX tower could provide internet coverage for an area of 3,000 square miles, although coverage for 6-25 square miles is the norm now. Promoters say WiMAX may someday replace all cable and DSL broadband services and irradiate virtually all rural areas.

Not a single environmental or public health study has been required as the industry unleashes infrastructure for this savage new wireless technology from which no living flesh is able to escape.

The commercial ray-peddlers are not alone in their quest to make the U.S. a radiation wasteland. In August, 2007, Congress approved new Homeland Security legislation which funds a program to "promote communications compatibility between local, state and federal officials."

We catch a glimpse of what this portends as the state of New York gears up to erect hundreds of new wireless installations for a "Statewide Wireless Network (SWN)," allowing agencies at various government levels to communicate instantly.³⁷ SWN will blanket 97 percent of the state, adding to the fog of commercial wireless pollution. The New York Office for Technology says that the radiation power densities of the system will be within FCC limits.

Angela's story

Angela Flynn, a 43-year-old caregiver, lives in Santa Cruz, California. Last spring she took classes at a local church where wireless antennas were concealed in a chimney on the building. She recalls, "Every muscle in my body felt sore. And my joints were feeling creaky. My instructor mentioned how people at the women's center on church property had similar symptoms. During my sixth day I had a severe reaction. My short-term memory was gone and I was disoriented and confused. When the instructor asked a question, I could not recall anything from the lecture."

At night, Angela could not sleep and she would lie awake, feeling her body buzz. She became hypersensitive to other sources of electromagnetic radiation. The symptoms became so bothersome that she canceled the rest of her course. Using a chart for calculating cumulative, non-ionizing, electromagnetic radiation exposure levels, she found that the classes – located only 100 feet from antennas in the building – had suffered the highest possible exposure during peak operation.

"It took a month before I regained my health," she reports.

When Angela wrote letters to the church inquiring whether it was monitoring the health of the people exposed to antenna radiation, church officials were "unresponsive and dismissive." So Angela saw the light. She helped organize a community group to put pressure on county officials for answers. After hearing community testimony, officials directed the zoning department to create a comprehensive map of county transmitter sites and to put together a report on emissions testing.

Angela says, "We recently had a delay of an installation of a tower near a middle school. The superintendent has even come out against the tower and was instrumental in delaying the hearing on the site. He also arranged a school board meeting on the issue." Angela's efforts to share critical information with her community made a difference.

³⁶ "How WiMAX Works," E. Grabianowski and Marshal Brain, www.computer.howstuffworks.com

³⁷ "250-foot Tower Raises New Bellevue Fears", John Hopkins, Cheektowaga Times, 8-09-2007; See also "Congress Approves Homeland Security Bill," Spencer Hsu, Washington Post 08-07-07.

Conclusion

America must soon face its radiation cataclysm. The EMR Network says that millions of workers occupy worksites on a daily basis where operating antenna arrays are camouflaged and where no RF safety program is carried out. Thanks to shameless predatory advertising techniques, American youth are now literally addicted to 'texting', watching TV and accessing the Internet on tiny wireless screens. These are the toys that keep cell towers and Wi-Fi hot spots buzzing. A nation that requires compulsory mass irradiation to fuel its trivial entertainment needs is surely destined to have a sickly and short-lived population.

Right now, 11.7 million Americans have been diagnosed with cancer. Because humans can harbor cancer conditions for years before detection, additional millions of cancer victims are yet undiagnosed. The Journal of Oncology Practice predicts that, by 2020, there will be so many cancer cases in the U.S. that doctors may not be able to cope with their caseloads. The report concludes the nation could soon face a shortage of up to 4,000 cancer specialists.³⁸

A recent CBS news series on the raging American cancer epidemic left viewers with the mindset that trainloads of federal cash must flow if we are to find the cancer answer. But the cancer cause now inundates our cities, roadways, schools, offices and homes. Any environmental stressor that jackhammers human cells at millions to billions of cycles per second is a cancer factor. Any wave-pollution that breaks the DNA and causes pre-cancerous micronuclei in human blood is a cancer factor. Logic tells us that there will be no 'answer to cancer' until we eliminate the cancer factors.

Wireless communications radiation is to America today what DDT, thalidomide, dioxin, benzene, Agent Orange and asbestos were yesterday. Historically, the truth about the public health menace of extreme toxins is never told until thousands sicken and die.

Dr. Robert Becker, noted for decades of research on the effects of electromagnetic radiation, has warned: "Even if we survive the chemical and atomic threats to our existence, there is the strong possibility that increasing electropollution could set in motion irreversible changes leading to our extinction before we are even aware of them. All life pulsates in time to the earth and our artificial fields cause abnormal reactions in all organisms... These energies are too dangerous to entrust forever to politicians, military leaders and their lapdog researchers."³⁹

Our mission to save the nation's health and restore sanity in the wireless age seems daunting. The wireless juggernaut is an aggressive, mean machine. Federal regulators are clearly compromised and incompetent to protect the public health. Uninformed consumers dearly love their magic digital toys and don't yet understand the connection between those toys and a national raging cancer epidemic that may consume us all.

Powerful economic interests have lied to us long enough. Americans need and deserve the facts. We need dialogue. Wireless radiation is a form of electronic trespass. America must decide whose rights are more important – idlers beaming death rays for gibberish or the elderly with pacemakers who are made ill by cell phone and tower radiation wherever they go. Must we all prematurely perish so that wireless enthusiasts can capture cell phone photos and instantly send them for processing via carcinogen express? Does a human being have the right to NOT be forcibly WiMAXed into a coffin, or do only wireless providers and their devotees have rights?

³⁸ Journal of Oncology Practice, Vol. 3, No. 2, March 2007: 79-86.

³⁹

What can we do?

We can commit to join the growing radiation awareness movement and continue educating ourselves and others. We can employ digital and audio radiation detectors to help safeguard our personal health and to demonstrate the ceaseless brutality of ubiquitous wireless radiation which threatens the genetic integrity of future generations. We can promote emerging technologies that could make communications technologies safer.

We can demand that federal radiation exposure standards be updated and that wireless emissions from transmitters be drastically reduced. We can demand routine compliance testing at all transmitter sites. We can see to it that people living and working near transmitters be given opportunity to report their illnesses in national surveys. Proper epidemiological studies must be conducted and their results published and broadly disseminated. Federal communications law must be rewritten so that local jurisdictions can regain their right to consider health and environment when reviewing wireless siting applications.

Each of us can break the seductive, but oppressive wireless habit ourselves. We can play no game, use no wireless Internet system, and make no trivial phone call that necessitates enlarging America's dense forest of wireless transmitters.

If no one buys WiMAX-enabled devices and related services, the system will fail. Whenever possible, we can go back to the old-fashioned, corded phones and message machines which made yesteryear a far more healthy time. We can encourage others to contact us by land line only.

Can we enjoy a leisurely conversation knowing that an irradiated caller risks disease and disability for mindless chatter? What good is wireless convenience if it means being ultimately tethered to a hospital bed? We can teach our children that health is more important than passing convenience and instant gratification.

According to OSHA, no environment should be deliberately made hazardous. Backed by current scientific knowledge, we can refuse to work or shop in an environment which endangers our health. We can demand that megahertz and gigahertz cordless phones, walkie talkie radios, WLAN and Wi-Fi systems be removed from schools, offices, hospitals and any public place where people are grossly irradiated without their informed consent. Second-hand smoke is bad; second-hand radiation is worse.

We wish to thank the courageous radiation victims interviewed for this report who have generously revealed the details of their personal suffering in order to warn others. Following their example, we must continue undaunted in the moral quest to protect the national health and restore the world to sanity before it is too late.

Meters and resources

The ElectroSmog Detector allows you to HEAR the RF/microwave pollution in your environment. (See ad on page 14 of the hardcopy edition of The IO).

The Trifield Meter (\$130), produced by Alpha Lab, is used mainly to measure the milligauss of electromagnetic fields coming from 60 hertz sources. Use this digital meter to make sure your living and working spaces are under 2 milligauss.

Alpha Lab's Microwave Power Density Meter (\$320) is a more sensitive digital microwave meter that will help you assess the kilohertz, megahertz and gigahertz radiation in our wireless environment. This easy-to-read meter measures microwave radiation in microwatts per cm^2 , allowing comparison of your readings to the 5 microwatts per cm^2 used by the Russians to make our embassy staff sick. Remember, people inside the embassy reportedly received only about .01 microwatts per cm^2 . For more information, contact Alpha Lab Inc., 1280 South 300 West, Salt Lake City, Utah 84101; (800) 658-7030; www.trifield.com

For a list of more expensive professional meters available, go to: www.microwavenews.com. On the left side of the home page find a link called "Radiation Meters."

The Zap Checker: Alan Broadband produces radiation detection devices with models ranging in price from \$159 to \$2,800. The \$159 model, while not giving detailed readings, is an extremely sensitive and sturdy instrument that gives an accurate dial read on whether or not radiation is present and its relative intensity. It lets you know when you are being irradiated and serves as an excellent tool to illustrate exposure levels to others. For more information, contact Alan Broadband, 93 Arch St., Redwood City, California 94062; (888) 369-9627; www.zapchecker.com

Books

Cell Phones: Invisible Hazards in the Wireless Age, Dr. George Carlo and Martin Schram, Carroll & Graf Publishers, 2001.

Cellular Telephone Russian Roulette, Robert C. Kane, Vantage Press, 2001.

Cell Towers: Wireless Convenience or Environmental Hazard? The Berkshire-Litchfield Environmental Council, Edited by B. Blake Levitt, 2000. Order from Barnes and Noble.

Websites

These websites provide excellent information on all aspects of health and other issues relating to electromagnetic fields and radio frequency/microwave radiation.

www.buergerwelle.com This excellent German (but in English) site features RF/microwave radiation news from all over the world. The science keeps pouring in and this is where to find it, along with lots of human interest.

www.cprnewsbureau.org This is an excellent source of up-to-date news on wireless issues.

www.emrnetwork.org This site has superb resources organized by professionals with expertise in all facets of our RF/microwave radiation problem.

www.safewireless.org This site features Dr. Carlo's Mobil Telephone Health Concerns Registry where people can report ill health effects from living near microwave transmitters or from the use of wireless devices. It also features great news reports.

www.microwavenews.com This is home to Microwave News, an excellent monthly publication. It offers cutting edge science reports, plus a great archive.

www.sageassociates.net This site provides valuable information on how to make homes and offices safer in the wireless age.

CAUTION: There are many devices on the market claiming to protect wireless users from radiation. These include: air tube headsets, ferrite bead clip-ons and an array of paste-ons advertised to cut down on thermal effects or deflect negative energy. Energy testing, kinesiology and meter readings indicate that these mitigation devices DO NOT adequately protect against the brutal force of near field microwave radiation. You can investigate the effectiveness of these devices by metering radiation levels while using them. If radiation pours from your "safe" headset, don't bank your life on it. If practiced in the art of kinesiology, you can also "muscle test" the effectiveness of the radiation mitigation device. The human body becomes very weak when irradiated with any man-made frequency, especially microwaves. If a protective device is really working, you will not detect muscle weakness when using a wireless phone or gadget.

Remember when there were no cellphones?

By Don Harkins

As her friend and editor for over a decade now, I have gowned alongside Amy in her research on chemtrails, depleted uranium and radiation. There is zero doubt in our hearts and minds that Amy's references are sound, her interpretation of data flawless and her intentions purely honorable and compassionate.

That means use of cell phones, Wi-Fi, WiMax and RFID is not only suicide, but complicity in a 'slow burn' form of mass murder. If second-hand cigarette smoke bothers you, how does it compare to second hand radiation? Well, it doesn't. Using a cell phone in proximity to others only increases the intensity of the ambient levels of radiation that are omnipresent to support wireless personal communication networks. Where nonsmokers can remove themselves or the smoker from the room, noncellphoneusers (one word) cannot escape radiation by going to another room. In other words, everyone is bathing in dangerous levels of cellphone 'smoke' whether you are 'smoking' or not.

When the wireless age was growing in earnest in the late 90s, people kept telling Ingri and me, "You really need to get cell phones—they are so convenient."

We opted not to for the same reason we have never acquired a laptop computer: If we are away from our desk that means we are (temporarily) FREE! – free of the phone and free of the computer.

The next stage, by the early 2000s, people began saying to us, "Don, Ingri, you really need to get cell phones so it will be more convenient for us to get ahold of you."

Now, when the subject of our having resisted carrying cell phones to this point comes up in conversation, people say, "You are so lucky."

It's not luck; we just didn't like the idea of being 'on call' all the time and our lifestyles just didn't evolve to include cell phones. We have only known for a couple years how deadly they are.

But, for cellphoneusers (one word), the novelty of cell phones has been replaced with addiction and the convenience has been replaced with enslavement. In that sense, we are lucky.

The three following comments represent the most common justifications people recite for using cell phones:

"But with my job, I have to have one."

"They are handy in an emergency."

"This way, the kids (the wife/husband/friends/business contacts) can always get ahold of me."

But consider these responses from noncellphoneusers:

"Is your job worth irradiating yourself and the world around you?"

"What did you do in an emergency BC (that's 'before cell phones')?"

"Are you sure that you are so darned important that you can't just have people leave a message on a land-line recorder and check messages now and then?"

And one bonus retort: "If an industry is using your addiction to wireless toys as a means to finance the erection of a communications infrastructure that intends to control all life on earth en route to destroying it, should you choose to buy its services?"

The truth is you can do your job without a cell phone – or find another one.

You can prepare in advance for emergencies like we used to.

And, it is true, we aren't so important that people can't wait a few minutes or a few hours to talk to us. (DWH)

Related

Cell Phones and Wireless Dangers – The Fundamentals (Oct 7, 2007)

<http://educate-yourself.org/cn/wirelessandcellphonedangers05oct07.shtml>

Cell Phone Towers Present Hidden Dangers Beyond Microwave Poisoning

<http://educate-yourself.org/dc/dclatestnmctowerarrays25may02.shtml>

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Opinion: Cell Phone Health Risk?

The Scientist
News & Opinion

Opinion: Cell Phone Health Risk?

Security concerns during the Cold War may have led to the generation of misinformation on the physiological effects of microwave radiation from mobile phones.

By Allan H. Frey | September 25, 2012

Recently, Congress tasked its investigative arm, the General Accountability Office (GAO), to consider the health risks of mobile phones and to report back to Congress. While a previous report <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm212273.htm> published in May 2010 by the US Food and Drug Administration (FDA) stated that there was no evidence of increased health risk resulting from exposure to the radiofrequency (microwave) energy emitted by cell phones, the World Health Organization reported the following year <http://microwavenews.com/Interphone.Main.html> that cell phone radiation may be carcinogenic. Also in 2011, the director of the National Institute on Drug Abuse published a paper in JAMA <http://jamanetwork.com/journals/jama/fullarticle/645813> reporting that 50 minutes of cell phone use by people altered glucose metabolism in the part of the brain closest to where the cell phone antennas were located. This summer, the GAO completed the task and sent a report <http://www.gao.gov/products/GAO-12-771> to Congress stating that the risks were unclear and deserved greater scrutiny from the government.

The Federal Communications Commission (FCC) “should formally reassess and, if appropriate, change its current RF energy (microwave) exposure limit and mobile phone testing requirements related to likely usage configurations, particularly when phones are held against the body,” the GAO wrote.

The controversy over whether the technology poses a risk to human health is substantial. And while much of science could be considered controversial, what has, and is, happening in microwave research is not a routine scientific dispute. Concerns about the health risks of cell phones, confusion regarding the evidence for or against such risks, and even misinformation in the scientific literature may all be collateral damage of the Cold War between the USSR and the United States. This was a time when the use of microwave-generating equipment, such as radar, was seen by some as critical to the security of the United States, and efforts were taken to ensure that such innovations were not suppressed by findings that suggested such technology to be unsafe.

Hiding data

During the Cold War, a group at Brooks Air Force Base (AFB) was tasked with reassuring residents when the Air Force wanted to install radar (microwaves) in their neighborhood. To meet that responsibility, the Brooks group hired contractors to write Environmental Impact Statements to justify the placing of the radars – an obvious conflict of interest. Even worse, when a scientist did publish findings that might indicate a risk, Brooks selected contractors to do experiments that suggested the scientist's research was invalid or not relevant to the safety of Air Force radar.

For example, after my colleagues and I published <http://onlinelibrary.wiley.com/doi/10.1111/j.1749-6632.1975.tb36019.x/abstract> in 1975 that exposure to very weak microwave radiation opens the regulatory interface known as the blood brain barrier (bbb), a critical protection for the brain, the Brooks AFB group selected a contractor to supposedly replicate our experiment. For 2 years, this contractor presented data at scientific conferences stating that microwave radiation had no effect on the bbb. After much pressure from the scientific community, he finally revealed that he had not, in fact, replicated our work. We had injected dye into the femoral vein of lab rats after exposure to microwaves and observed the dye in the brain within 5 minutes. The Brooks contractor had stuck a needle into the animals' bellies and sprayed the dye onto their intestines. Thus it is no surprise that when he looked at the brain 5 minutes later, he did not see any dye; the dye had yet to make it into the circulatory system.

Another Brooks AFB responsibility that further incentivized the spreading of misinformation was to lead a lab on a classified microwave-bio weapons program. Competition between this effort and the microwave-bio research programs undoubtedly going on in other nations at the time would explain the Brooks group's attempts to block and discredit unclassified research in the microwave area and the subsequent publication of the results: it did not want advances in knowledge to appear in the scientific literature where the USSR could benefit from it. This is not unlike the recent uproar

<http://www.the-scientist.com/?articles.view/articleNo/31876/title/Deliberating-Over-Danger/> over whether bird flu results should be published – or even done at all – because of the fear that they may help terrorists develop biological weapons.

Stalling funding

In addition to actively suppressing results of microwave-bio research, the Brooks group also attempted to block funding for such research in the first place – and largely succeeded. For example, after we and others published the first papers in the mid- to late-'70s showing that very low intensity microwaves could open the bbb, the Department of Defense (DOD) issued a report, written by a psychologist at a Kansas Veterans Administration hospital who was neither trained nor experienced in research on the bbb, that concluded "...if a real potential for catastrophic effects exists, it would be evident from the research already reported in the literature." (An original draft of the report also noted that "DOD funding of research evaluating the effects of microwaves on the bbb should be of low priority," though this statement was removed before the report was released to the public.)

Largely as a consequence of this report, funding for open microwave-bio research in the United States was essentially shut down. Several months after the report was released, I requested renewal of government funding, which in part supported research on the bbb. I received a letter stating that funding would not be granted unless I dropped the bbb part of the proposal. And in a September 1981 article in Microwave News, <http://microwavenews.com/news/backissues/sep81issue.pdf> 2 years later, the editor wrote, “Surprisingly, no new [bbb] work was reported this year.”

Even now, the recent GAO report states, the National Institutes of Health (NIH) “is the only federal agency we interviewed that is directly funding ongoing studies on health effects of RF energy (microwave radiation) from mobile phone use.” And the NIH funded only one relevant completed experiment, by an in-house researcher, during the time the GAO did its assessment. For many years now most of the published microwave research – what little that has been done – has been conducted in other countries. And as I noted in a recent paper, <http://www.bmj.com/rapid-response/2011/11/08/safety-cell-phone-radiation> many, if not most, of those have been epidemiological studies looking for health problems associated with outdated technologies that are not relevant to the phones used today or that will be used in the future.

Thus, the shutdown of normal open microwave research in the U.S. and the misinformation placed in the literature appears to be collateral damage of the actions of people who saw themselves as fighting a war. And since the research was not allowed to proceed in the normal fashion, we don’t have the set of data needed to determine if there is a health hazard of mobile phone use – and, if so, how serious the hazard is. This suppression of research has now made hundreds of millions of people subjects in a grand experiment that may involve their health, without their informed consent, and the outcome of which can have substantial medical, legal, and economic consequences.

Allan H. Frey (allan@freys.us) is a semi-retired scientist in Potomac, Maryland, who was Technical Director of Randomline, Inc., a consulting and research firm. Read about more unsavory actions that I and others have observed in my chapter of bioethicist Nicholas Steneck’s Risk Benefit Analysis: The Microwave Case. <https://www.amazon.com/Risk-Benefit-Analysis-Microwave-Case/dp/0911302441>

Source: <http://www.the-scientist.com/?articles.view/articleNo/32648/title/Opinion--Cell-Phone-Health-Risk-/>

“Frey caused rats to become docile by irradiating them at a power density of 50 microwatts per square centimeter. He altered specific behaviors at 8 microwatts per square centimeter. He altered the heart rate of live frogs at 3 microwatts per square centimeter. At only 0.6 microwatts per square centimeter, 1600 times less than the current U.S. guidelines for public exposure to microwave radiation, he causes isolated frogs’ hearts to stop beating by timing the microwave pulse at a precise point during the hearts’ rhythm.” Silent Wireless Spring by Author Firstenberg.

Allen Frey also reports that he could speed up, slow down or stop the hearts of isolated frogs by synchronizing the pulsed rate of a microwave beam with the heart itself. According to Dr. Robert Becker, similar results have been obtained using live frogs, which shows that it is technically feasible to produce heart attacks with rays designed to penetrate the human chest.

(<http://www.wariscrime.com/2009/01/18/news/project-blue-beam-step-one-economic-disaster/>)

Warning: Your Cell Phone May Be Hazardous to Your Health

By Christopher Ketcham

January 25, 2010 7:00 pm

Ever worry that that gadget you spend hours holding next to your head might be damaging your brain? Well, the evidence is starting to pour in, and it's not pretty. So why isn't anyone in America doing anything about it?

Earlier this winter, I met an investment banker who was diagnosed with a brain tumor five years ago. He's a managing director at a top Wall Street firm, and I was put in touch with him through a colleague who knew I was writing a story about the potential dangers of cell-phone radiation. He agreed to talk with me only if his name wasn't used, so I'll call him Jim. He explained that the tumor was located just behind his right ear and was not immediately fatal – the five-year survival rate is about 70 percent. He was 35 years old at the time of his diagnosis and immediately suspected it was the result of his intense cell-phone usage.

"Not for nothing," he said, "but in investment banking we've been using cell phones since 1992, back when they were the Gordon-Gekko-on-the-beach kind of phone." When Jim asked his neurosurgeon, who was on the staff of a major medical center in Manhattan, about the possibility of a cell-phone-induced tumor, the doctor responded that in fact he was seeing more and more of such cases – young, relatively healthy businessmen who had long used their phones obsessively. He said he believed the industry had discredited studies showing there is a risk from cell phones. "I got a sense that he was pissed off," Jim told me. A handful of Jim's colleagues had already died from brain cancer; the more reports he encountered of young finance guys developing tumors, the more certain he felt that it wasn't a coincidence. "I knew four or five people just at my firm who got tumors," Jim says. "Each time, people ask the question. I hear it in the hallways."

It's hard to talk about the dangers of cell-phone radiation without sounding like a conspiracy theorist. This is especially true in the United States, where non-industry-funded studies are rare, where legislation protecting the wireless industry from legal challenges has long been in place, and where our lives have been so thoroughly integrated with wireless technology that to suggest it might be a problem – maybe, eventually, a very big public-health problem – is like saying our shoes might be killing us.

Except our shoes don't send microwaves directly into our brains. And cell phones do – a fact that has increasingly alarmed the rest of the world. Consider, for instance, the following headlines that have appeared in highly reputable international newspapers and journals over the past few years. From summer 2006, in the Hamburg *Morgenpost*: Are we telephoning ourselves to death? That fall, in the Danish journal *Dagens Medicin*: Mobile phones affect the brain's metabolism. December 2007, from *Agence France-Presse*: Israeli study says regular mobile use increases tumor risk. January 2008, in London's *Independent*: Mobile phone radiation wrecks your sleep. September 2008, in Australia's *The Age*: Scientists warn of mobile phone cancer risk.

Though the scientific debate is heated and far from resolved, there are multiple reports, mostly out of Europe's premier research institutions, of cell-phone and PDA use being linked to 'brain aging', brain damage, early-onset Alzheimer's, senility, DNA damage, and even sperm die-offs (many men, after all, keep their cell phones in their pants pockets or attached at the hip). In September 2007, the European Union's environmental watchdog, the European Environment Agency, warned that cell-phone technology "could lead to a health crisis similar to those caused by asbestos, smoking, and lead in petrol."

Perhaps most worrisome, though, are the preliminary results of the multinational Interphone study sponsored by the International Agency for Research on Cancer, in Lyon, France. (Scientists from thirteen countries took part in the study – the United States conspicuously not among them.) Interphone researchers reported in 2008 that after a decade of cell-phone use, the chance of getting a brain tumor – specifically on the side of the head where you use the phone – goes up as much as 40 percent for adults. Interphone researchers in Israel have found that cell phones can cause tumors of the parotid gland (the salivary gland in the cheek), and an independent study in Sweden last year concluded that people who started using a cell phone before the age of 20 were five times as likely to develop a brain tumor. Another Interphone study reported a nearly 300 percent increased risk of acoustic neuroma, a tumor of the acoustic nerve.

As more results of the Interphone study trickled out, I called Louis Slesin, who has a doctorate in environmental policy from MIT and in 1980 founded an investigative newsletter called Microwave News. "No one in this country cared!" Slesin said of the findings. "It wasn't news!" He suggested that much of the comfort of our modern lives depends on not caring, on refusing to recognize the dangers of microwave radiation. "We love our cell phones. The paradigm that there's no danger here is part of a worldview that had to be put into place," he said. "Americans are not asking the questions – maybe because they don't want the answers. So what will it take?"

To understand how radiation from cell phones and wireless transmitters affects the human brain, and to get some sense of why the concerns raised in so many studies outside the U.S. are not being seriously raised here, it's necessary to go back fifty years, long before the advent of the cell phone, to the research of a young neuroscientist named Allan Frey.

In 1960, Frey, then 25, was working at General Electric's Advanced Electronics Center at Cornell University when he was contacted by a technician whose job was to measure the signals emitted by radar stations. At the time, Frey had taken an interest in the electrical nature of the human body, specifically in how electric fields affect neural functioning. The technician claimed something incredible: He said he could "hear" radar at one of the sites where he worked.

Frey traveled to the facility and stood in the radar field. "And sure enough, I could hear it, too," he said, describing the persistent low-level hum. Frey went on to establish that the effect was real – electromagnetic (EM) radiation from radar could somehow be heard by human beings. The "hearing," however, didn't happen via normal sound waves perceived through the ear. It occurred somewhere in the brain itself, as EM waves interacted with the brain's cells, which generate tiny electrical fields. This idea came to be known as the Frey effect, and it caused an uproar in the neuroscience community.

The waves that Frey was concerned with were those emitted from the non-ionizing part of the EM spectrum – the part that scientists always assumed could do no outright biological damage. When Frey began his research, it was assumed that the only way microwaves could have a damaging biological effect was if you increased the power of their signals and concentrated them like sword points – to the level where they could cook flesh. In 1967, this resulted in the first popular microwave oven, which employed microwave frequencies at very high power, concentrated and contained in a metal box. Aside from this engineered thermal effect, the signals were assumed to be safe.

Allan Frey would help pioneer the science that suggested otherwise. At the vanguard of a new field of study that came to be known as bioelectromagnetics, he found what appeared to be grave nonthermal effects from microwave frequencies – the part of the spectrum that belongs not just to radar signals and microwave ovens but also, in the past fifteen years, to cell phones. (The only honest way to think of our cell phones is that they are tiny, low-power microwave ovens, without walls, that we hold against the sides of our heads.) Frey tested microwave radiation on frogs and other lab animals, targeting the eyes, the heart, and the brain, and in each case he found troubling results. In one study, he triggered heart arrhythmias. Then, using the right modulations of the frequency, he even stopped frog hearts with microwaves – stopped the hearts dead.

Frey observed two factors in how microwaves at low power could affect living systems. First, there was the carrier wave: a frequency of 1,900 megahertz, for example, the same frequency of many cell phones today. Then there was the data placed on the carrier wave – in the case of cell phones, this would be the sounds, words, and pictures that travel along it. When you add information to a carrier wave, it embeds a second signal – a second frequency – within the carrier wave. This is known as modulation. A carrier wave can support any number of modulations, even those that match the extra-low frequencies at which the brain operates (between eight and twenty hertz). It was modulation, Frey discovered, that induced the widest variety of biological effects. But how this happened, on a neuronal level, he didn't yet understand.

In a study published in 1975 in the *Annals of the New York Academy of Sciences*, Frey reported that microwaves pulsed at certain modulations could induce 'leakage' in the barrier between the circulatory system and the brain. Breaching the blood-brain barrier is a serious matter: It means the brain's environment, which needs to be extremely stable for nerve cells to function properly, can be perturbed in all kinds of dangerous ways. Frey's method was rather simple: He injected a fluorescent dye into the circulatory system of white rats, then swept the microwave frequencies across their bodies. In a matter of minutes, the dye had leached into the confines of the rats' brains.

Frey says his work on radar microwaves and the blood-brain barrier soon came under assault from the government. Scientists hired and funded by the Pentagon claimed they'd failed to replicate his findings, yet they also refused to share the data or methodology behind their research ("a most unusual action in science," Frey wrote at the time). For more than fifteen years, Frey had received almost unrestricted funding from the Office of Naval Research. Now he was told to conceal his blood-brain-barrier work or his contract would be canceled.

Since then, no meaningful research into the effect of microwaves on the blood-brain barrier has been pursued in the United States. But a Swedish neurosurgeon, Leif Salford, recently expanded on Frey's work, confirming much of what Frey revealed decades ago. Salford found that microwave exposure killed rodents' brain cells and stimulated neurons associated with Alzheimer's. "A rat's brain is very much the same as a human's," he said in a 2003 interview with the BBC. "They have the same blood-brain barrier and neurons. We have good reason to believe that what happens in rats' brains also happens in humans." His research, he said, suggests that "a whole generation of [cell-phone] users may suffer negative effects in middle age."

The potential complications don't end there. In the mid-1990s, a biophysicist at the University of Washington named Henry Lai began to make profound discoveries about the effects of such frequencies not only on the blood-brain barrier but also on the actual structure of rat DNA. Lai found that modulated EM radiation could cause breaks in DNA strands – breaks that could then lead to genetic damage and mutations that would be passed on for generations. What surprised Lai was that the damage was accomplished in a single two-hour exposure.

"This was explosive news," Slesin said. "The reason it was so important was at the time you had all these allegations of brain tumors and cell phones being connected" – specifically the 1992 lawsuit brought by a Florida man, David Reynard, against a number of companies that manufactured phones and provided cell service, following the death of his wife from a brain tumor. "If you can break up DNA with cell-phone radiation, suddenly it's not such a stretch to think of brain tumors developing from this radiation."

Galvanized by the Reynard case, Motorola frantically mobilized to reassure its investors. Then, in 1994, the company went on the attack to discredit Lai, issuing a memo, later obtained by Slesin, stating it had "war-gamed" Lai's work. "We do not believe that Motorola should put anyone on-camera," the memo said. "We must limit our corporate visibility." It further stated that the "key question" was whether "this experiment [can] be replicated."

The cell-phone industry funds lots of risk studies, and many of them show no effect from cell-phone-related radiation. The industry pointed to those favorable studies when countering Lai's DNA findings. (In 2004, it should be pointed out, a European Union-funded study carried out by twelve research groups in seven countries found evidence of genotoxic effects resulting from cell-phone radiation – the same kind of DNA damage that Henry Lai uncovered in the 1990s.) But when Jerry Phillips, a scientist with the Veterans Administration whose work was funded by Motorola, replicated Lai's findings, the company put him under so much pressure not to publish that Phillips abruptly quit microwave research altogether.

Industry-funded studies seem to reflect the result of corporate strong-arming. Lai reviewed 350 studies and found that about half showed bioeffects from EM radiation emitted by cell phones. But when he took into consideration the funding sources for those 350 studies, the results changed dramatically. Only 25 percent of the studies paid for by the industry showed effects, compared with 75 percent of those studies that were independently funded.

The cell-phone industry has managed to exert its influence in other ways, too. In the United States, the organization most influential in the government's setting of standards for microwave exposure is the Institute of Electrical and Electronics Engineers (IEEE), which bills itself as "a leading authority on areas ranging from aerospace systems, computers, and telecommunications to biomedical engineering, electric power, and consumer electronics." According to Slesin, "The committees setting the EM safety levels at the IEEE historically have been dominated by representatives from the military, companies like Raytheon and GE, the telecom companies, and now the cell-phone industry. It is basically a Trojan horse for the private sector to dictate public policy." The IEEE's 'safe limits' for microwave exposure are considerably higher than what they should be, says Allan Frey, who was a member of the organization in the '70s. "When it comes to this matter, the IEEE is a charade," Frey told me.

There have been attempts over the years to set exposure limits based on something other than industry and military preference. In the '70s and '80s, the Environmental Protection Agency was foremost in this effort. But with Ronald Reagan in office, antiregulatory sentiment crested and the EPA's research and standards programs were gutted.

Among the EPA's most talented bioelectromagnetics experts at the time was Carl Blackman, who has worked at the agency since its inception in 1970. Blackman's research at the EPA would advance much of what Allan Frey and others had discovered: The effects from EM fields were many and troubling, though far from fully understood. In 1986 the EPA killed Blackman's research entirely. Carl Blackman believes "a decision was made to stop the civilian agencies from looking too deeply into the nonthermal health effects from exposure to EM fields. Scientists who have shown such effects over the years have been silenced, had funding taken away, been laughed at, been called charlatans and con men. The goal was to only let in scientists who would say, 'We know that microwave ovens can cook meat, and that's all we need to know.' "One veteran EPA physicist, speaking anonymously, told me, "The Department of Defense didn't like our research because the exposure limits that we might recommend would curtail their activities."

Industry influence appears to have permeated even the purest international watchdogs, such as the World Health Organization. Slesin unearthed a hoard of documents showing that hundreds of thousands of dollars from the cell-phone industry was doled out to WHO personnel working on wireless health effects. Some of the heaviest pressure falls on the Federal Communications Commission, for obvious reasons. In 2005 the specially appointed thirty-member Technological Advisory Council to the FCC sought to look into EM effects on human beings. According to one member of the TAC who spoke anonymously, officials at the FCC "told us we couldn't talk about that. They would not give us any reason. The FCC people were embarrassed and terrified."

If all this sounds like some abandoned X-Files script, consider the history of suppression of evidence in the major issues of consumer health over the past half century. Big Tobacco hid the dangers of smoking and the addictiveness of nicotine, supporting its position with countless deceptive studies. Asbestos manufacturers hid evidence that the mineral was dangerous even as tens of thousands of workers died from exposure; the makers of DDT and Agent Orange stood behind their products even as it became clear that the herbicides caused cancer. That the cell-phone industry, which last year posted revenues in the hundreds of billions of dollars, has an incentive to shut down research showing the dangers of cell-phone use is not a radical notion.

Cell towers, as you'd imagine, also emit EM radiation in the microwave spectrum, and while the science is much less exhaustive than that associated with handsets, the installations have nonetheless incited violence in various places around the globe. In Spain and Ireland, saboteurs have taken to destroying cell towers, cheered on by the communities living in their shadows. In Sydney, Australia, a retired telecom worker, convinced that cell towers had sickened him, hijacked a tank in the summer of 2007 and rammed six towers to the ground before police were able to leap into the vehicle and subdue him. In Israel, which has the seventh-highest per capita use of mobile phones in the world, attacks on towers have become a regular occurrence in recent years in both Jewish and Arab communities. Two years ago in Galilee, a Druze community protested the erection of a new tower, claiming that the towers already in their midst had caused cancer rates to skyrocket. The tower was built anyway; soon after, local teenagers burned it down. When the police came for them, the Druze rioted – injuring more than twenty-five officers.

Here, in the U.S., there's been very little resistance to the march of the cell towers. In fact, in Congress there's been almost nothing but support. The Telecommunications Act of 1996 – a watershed for the cell-phone industry – was the result, in part, of nearly \$50 million in political contributions and lobbying largesse from the telecom industry. The prize in the TCA for telecom companies branching into wireless was a rider known as Section 704, which specifically prohibits citizens and local governments from stopping placement of a cell tower due to health concerns. Section 704 was clear: There could be no litigation to oppose cell towers because the signals make you sick.

When President Bill Clinton signed the TCA into law in February 1996, the rollout of "personal communication services," marketed as PCS, was in full swing. By the end of the year, telecom companies had paid the federal government more than \$8 billion to purchase portions of the microwave-frequency sequence. (According to the FCC, fees paid for allocation of spectrum as of 2009 amounted to \$52 billion.) Almost immediately, cell-phone antennas sprang up across the country, appearing on church steeples and apartment buildings, in parks and along highways, on streetlights and clock towers and flagpoles. One industry estimate tallied 19,850 such installations in the U.S. in 1995. Today there are 247,000, most hosting multiple antennas.

In a study by researchers associated with the venerable Karolinska Institute in Stockholm, which hands out the Nobel Prize for medicine, the massive expansion of digital PCS in Sweden during 1997 was found to have coincided with a marked but subtle decline in the overall health of the population. Might it be, the Karolinska researchers asked, that Swedes fell victim to the march of the first big microwave PCS systems? The number of Swedish workers on sick leave, after declining for years, began to rise abruptly in late 1997, according to the study, doubling during the next five years. Sales of antidepressant drugs doubles during the same period. The number of deaths from Alzheimer's disease rose sharply in 1999 and had nearly doubled by 2001. The authors of the study – Olle Johansson, a neuroscientist, and Örjan Hallberg, a former environmental manager for Ericsson, the Swedish telecommunications company – "found that for all individual counties in Sweden there was a similar precise time" when health worsened. It occurred, they said, almost simultaneously with the rollout of the new digital service. Correlation does not mean causation, but epidemiologists I spoke with say the data are strongly suggestive and need to be followed up. (In other studies at the Karolinska Institute, Johansson has posited that adverse reactions to cell-phone radiation may develop only after long periods of exposure, as the immune system fails, much in the way that allergies develop.)

All of these concerns – the danger of microwaves issuing from the phones we place next to our skulls, the danger of waves emitted by the cell towers that dot our landscapes – also apply to the Wi-Fi networks in our homes and libraries and offices and cafés and parks and neighborhoods. Wi-Fi operates typically at a frequency of 2.4 gigahertz (the same frequency as microwave ovens) but is embedded with a wider range of modulations than cell phones, because we need it to carry more data. "It never ceases to surprise me that people will fight a cell tower going up in their neighborhoods," Blake Levitt, author of *Electromagnetic Fields: A Consumer's Guide to the Issues and How to Protect Ourselves*, told me. "They they'll install a Wi-Fi system in their homes. That's like inviting a cell tower indoors."

In the summer of 2006, a super-Wi-Fi system known as WiMAX was tested in rural Sweden. Bombarded with signals, the residents of the village of Gtene – who had no knowledge that the transmitter had come online – were overcome by headaches, difficulty breathing, and blurred vision, according to a Swedish news report. Two residents reported to the hospital with heart arrhythmias, similar to those that, more than thirty years ago, Allen Frey induced in frog hearts. This happened only hours after the system was turned on, and as soon as it was powered down, the symptoms disappeared.

Today, Sprint Nextel and Clearwire are set to establish similar technology across the U.S., with a \$7.2 billion government broadband stimulus speeding the rollout. A single WiMAX system would provide Internet coverage for an area of up to 75 square miles. "This means an even denser layer of radio-frequency pollution on top of what has developed over the last two decades," Blake Levitt says. "WiMAX will require many new antennas."

The concern about Wi-Fi is being taken seriously in Europe. In April 2008, the national library of France, citing possible "genotoxic effects", announced it would shut down its Wi-Fi system, and the staff of the storied Library of Sainte-Geneviève in Paris followed up with a petition demanding the disconnection of Wi-Fi antennas and their replacement by wired connections. Several European governments are already moving to prohibit Wi-Fi in government buildings and on campuses, and the Austrian Medical Association is lobbying for a ban of all Wi-Fi systems in schools, citing the danger to children's thinner skulls and developing nervous systems.

I drove down to Annapolis, Maryland, recently to visit with Allan Frey. He was preparing to set out on his forty-foot sailboat for a month at sea, so we talked at a restaurant near the marina. After retiring from full-time research in 1985, Frey, now 75, took up the philosophy of science as an avocation, looking at the question of how science progresses, how it fails to progress, how new ideas are birthed or aborted, how a shift in paradigm is a rare thing. The failure to look squarely at the dangers of microwave radiation is a case study in frozen paradigms, he said, a worldview that can't keep pace with reality.

To illustrate what he meant, Frey held up a glass of water. "We're all just big teacups, bags of water that you can heat up – that's the paradigm," he said. It's the engineer's paradigm, the mind-set of people who had no training in the complexity of living systems. The branches of the military, the major defense contractors, the manufacturers of microwave ovens, the telecom companies, were happy to embrace the engineer's paradigm. The thinking was simple and easy to understand, and most important, it indemnified their operations from liability.

"It's a very primitive mind-set," said Frey. "Plato said we don't see the reality; we see shadows on the cave walls. We've got a lot of people who are seeing shadows and saying this is the reality." He nodded at his water glass. "We now know a human being isn't a bag of water. A human being is a complex organization of electrical fields. Electroencephalograms and electrocardiograms, for example, measure these fields. Every cell has an electrical field across the cell membrane, which is a regulatory interface and controls what goes into and out of the cell. All nerve signals are electric. And between the nucleus and the membrane there is an electrical field, you can measure voltages of individual cells! Electricity drives biology. We evolved in a particular electromagnetic environment"—the magnetic fields from the earth's iron core, the terrestrial magnetism from lodestones, visible light, ultraviolet frequencies, lightning—"and if we change that environment as we have, we either adapt or we have trouble."

Later, after Frey and I parted, I walked around Annapolis and took note of the number of cell towers poised atop the buildings, the number of people who talked on their cell phones. They were everywhere, and after a while I stopped counting. At one point, I watched two women pacing in a parking lot, heads bent against their microwave transmitters. They talked and talked and aimlessly circled. When I got home, I looked up a line from Orwell that I couldn't quite remember as I watched them, about the power that machine technology would exert

over mankind. "The machine has got to be accepted, but it is probably better to accept it rather as one accepts a drug – that is, grudgingly and suspiciously," Orwell wrote. "Like a drug, the machine is useful, dangerous and habit-forming. The oftener one surrenders to it the tighter its grip becomes."

Modern society, needless to say, is in the grip of wireless technology. All you have to do to understand this is step outside your door. "It just so happens," Frey had told me, "that the frequencies and modulations of our cell phones seem to be the frequencies that humans are particularly sensitive to. If we had looked into it a little more, if we had done the real science, we could have allocated spectrums that the body can't feel. The public should know if they are taking a risk with cell phones. What we're doing is a grand world experiment without informed consent." As for Louis Slesin's question – what will it take to change the paradigm? – Frey shook his head. "Until there are bodies in the streets," he said, "I don't think anything is going to change."

Christopher Ketcham is a reporter in New York City. Research support for this article was provided by the Investigative Fund at The Nation Institute.

Source: <http://www.gq.com/story/warning-cell-phone-radiation>

Government of Canada E-Petitions – Cell Towers and Smart Meters

From: Canadians For Safe Technology <info@c4st.org>

Date: Fri, Sep 16, 2016

Subject: Government of Canada E-Petitions – Cell Towers and Smart Meters

Good Afternoon,

Along with the on-going Moms Who Care campaign (www.MomsWhoCare.ca) which is live until the mid-October scheduled response from the Government, there are two active e-petitions that have been submitted by C4ST riding reps to the Liberal government via their new E-Petition platform. They are focused on cell towers and smart meters. Once they reach 500 signatories they will be read into the House of Commons upon closing supporting the Moms Who Care campaign as well as discussion between Members of Parliament and the government. Please take two minutes and add your name to the petitions below.

A petition is used to draw attention to an issue of public interest or concern and to request that the House of Commons, the Government of Canada, a Minister of the Crown, or a Member of the House of Commons take some action.

You, the supporters, the signatories, and the sponsor will be notified by e-mail when the response is tabled in the House. A copy will also be found on the e petition website along with the original petition.

The Standing Orders (the rules governing the House of Commons) require the government to respond within 45 calendar days to every petition presented in the House of Commons.

Please take two minutes and add your name to the petitions below.

Sincerely,

Frank Clegg
C4ST - CEO

We, the undersigned, residents of Canada, call upon the Government of Canada to

1. Enact the ALARA principle (As Low As Reasonably Possible) when it comes to radiofrequency/microwave radiation exposure allowances;
2. Ensure that cellular antennas /towers are kept away from schools and other sensitive areas; and
3. Enforce continuous monitoring during and after the installation of cellular antennas /towers for minimum achievable radiofrequency/microwave radiation levels.

SIGN THIS PETITION

We, the undersigned, citizens of Canada, call upon the Minister of Health to:

1. Send precautionary notice to all power utilities in Canada regarding their reliance on Safety Code 6; and
2. Establish their own safety protocols and encourage power utilities to consider less harmful distribution methods in some regions of Canada, which may include, but are not limited to, the use of analog meters.

SIGN THIS PETITION

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Together we will change Safety Code 6 and ensure the health of all Canadians.

Our mailing address is:

Canadians For Safe Technology
Maple Grove Village Postal Outlet PO Box 33
Oakville, On L6J 7P5
Canada

Add us to your address book

Want to change how you receive these emails?

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<https://groups.google.com/d/msgid/emfcontacts/CAAC%3DT7dyVX0DmyByWZ%2B6Fb24YndQ6vt1JyXR%2BA2fHtvG1zbLNg%40mail.gmail.com>.

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Need ES/cancer/children's stories

From: Angela T.

Sent: Saturday, September 17, 2016

Subject: Help ASAP: NJ, NV, MO, WA, AK, MA CO, MS, MN, SD, FL, MT, NM, TX, CT, KS. Need ES/cancer/children's stories

Dear All

If your health has been affected by wireless (EHS, cancer, etc.) your help is URGENTLY requested!

1) Please post your 1-page testimonial here <http://wearetheevidence.org/adult-form/>

She is meeting with Congress this week and needs your personal stories ASAP.

I am posting my story tomorrow Sunday.

2) After posting your story, please send the same story to your state senators and put the following points in your email:

- (1) You are suffering from ES and explain what happened to your life as a result.
- (2) That the FCC 'safety' standards are obsolete and the evidence is that you and others got sick.
- (3) That 5G is going to make your life more impossible with antennas everywhere and that you ask that it will be stopped until further investigation as to the harms is taking place.
- (4) That you know many others in Hawaii who are sick.
- (5) That you cannot get to DC but you ask that they meet with Dafna Tachover as your representative and that you know that she is there and already contacted their office.

3. On the email you send please CC Dafna at Dafna@WeAreTheEvidence.org

All stories are important, but she especially needs residents of the following states below ASAP THIS WEEK. So if you live in one of these states, please post your stories ASAP:

(She needs a few residents from each of these states to tell their story so that she can meet with Congress members of these states. If you know someone who has been affected from one of these states, please forward this note to them. Thank You!)

New Jersey
Washington
Nevada
Missouri
Alaska
MA
Mississippi
Colorado
Hawaii
Minnesota
South Dakota
Florida
Montana
New-Mexico
Texas
Massachusetts
Connecticut
Kansas

Note: the website wearetheevidence.org just got up and running, but is not complete; so there are typos, etc.

From: Dafna Tachover
Date: Sat, Sep 17, 2016
Subject: Have you been injured by wireless? If yes, please help our efforts in Congress.
To: Angela T.

Hi Angela,

I am in DC trying to get us allied in Congress (House and Senate).

This week I met with a few senators and would like help of people who became injured by wireless.

I would like to take with me to the meetings testimonials of people who got sick from each state and therefore ask people to send me a 1-page testimonial.

PLEASE NOTE – the website is not done and so there are still many typos etc. Hopefully by next weekend it will be done.

Can you please help our efforts as follows and do it ASAP?

1. The most important action: Please send me a 1-page about you and your story that I will present in the meeting. You can actually go to my website and fill the form: <http://wearetheevidence.org/adult-form/>. If you do one thing from this list – this should be it – send me your testimonial – through the website or by email.

2. Email your state's senators office and write the following:

Please put the following points in your email: (1) you are suffering from ES and explain what happened to your life as a result (2) that the FCC 'safety' standards are obsolete and the evidence is that you and other got sick (3) that 5G is going to make your life more impossible with antennas everywhere and that you ask that it will be stopped until further investigation as to the harms is taken place (4) that you know many others in Hawaii who are sick (5) that you cannot get to DC but you ask that they meet with me as your representative and that you know that I am there and already contacted their office.

3. Please CC me on this email but CC this address: Dafna@WeAreTheEvidence.org

4. Do you know other ES people? If yes, can you please connect me with them but also please contact them and ask them to do the same?

Thank you!

--

Dafna Tachover, CEO
Attorney (NY, Israel), MBA
US Number: (845) 377 0211
Israeli Number: 03-763 9673

WeAreTheEvidence.org
EHS Fight Back

Sent from my WIRED internet connection

From: Angela T.

Sent: Monday, September 19, 2016

Subject: Testimonials ASAP: NJ, NV, MO, WA, AK, MA CO, MS, MN, SD, FL, MT, NM, TX, CT, KS. Need ES/cancer/children's stories

Hi – clarification on 2) below – your story should be sent to the senators representing your state in Congress (not your state senators who are members of your state government)

Your senators can be found here – enter your state.

http://www.senate.gov/senators/contact/senators_cfm.cfm?State=MN

There will not be an email address for your senator, but call the number and ask for the email address of the chief of staff for your senator because you are sending your senator an email and you want to be sure he/she gets it.

Also, Dafna needs your testimonials this week. You can also send it to her email address Dafna@WeAreTheEvidence.org if you don't want to post to the website right now.

If you don't know who Dafna is, she was responsible for getting the Israeli documentary "How We Kill Ourselves with Wireless Radiation" made.

If you haven't seen it yet, here it is <https://www.youtube.com/watch?v=bpJsIWuV-PA&feature=youtu.be> (Click on cc at bottom right to read unofficial English subtitles).

She is EHS herself, and also appeared in the documentary – she was wearing the green blazer and talked about wireless radiation penetrating the blood brain barrier.

I have faith that Dafna will be able to make a difference with her lobbying Congress this week, but she needs your testimonials in order to succeed, so please send them ASAP.

Thanks

Angela

From: Angela T.

Sent: Wednesday, September 21, 2016

Subject: 5G FCC Video. CA Brain Tumor Assn. Lobbying against 5G

Hi Everyone,

Kevin Mottus of California Brain Tumor Association (and former Congressional candidate) and Dafna Tachover, Attorney and CEO of WeAreTheEvidence.org, a newly founded organization to advocate for adults and children harmed by wireless technology, are lobbying Congress this week and next week before 5G spectrum is auctioned off at the end of the month.

They are doing very important lobbying work to make our government representatives aware of the hazards posed by wireless.

(The telecom industry spends millions each year lobbying Congress and someone from the telecom industry visits the FCC EVERYDAY!)

Please write letters THIS WEEK as directed below to support their efforts (Sep. 30, next week, is deadline)

Hazards of Cell Phones, Wireless Devices, Etc – Book Four 35

December 14, 2016

Our voices together and increasing public awareness is the only way we can compete with telecom's influence on our government.

Also below is a video on 5G produced by Josh Del Sol, who produced the award winning documentary on smart meters "Take Back Your Power" <https://takebackyourpower.net/>. It includes FCC Chairman Tom Wheeler's vision of what 5G will be – which is putting it in everything, from pill bottles to plant water, and interviews with Kevin Mottus and Dafna Tachover.

Some somber FACTS ...

i) Feb. 24, 2016: A new report published in the journal Neuro-Oncology and funded by the American Brain Tumor Association (ABTA) finds that malignant brain tumors are the most common cause of cancer-related deaths in adolescents and young adults aged 15-39, and the most common cancer occurring among 15-19 year olds. (The study from Neuro-Oncology is attached – please read if you haven't yet) Leukemia used to be the leading cancer among children, but it is now #2 behind brain cancer.
http://www.eurekalert.org/pub_releases/2016-02/abta-mbt022216.php

ii) May 2016: US Government study conducted by the National Toxicology Program, part of the National Institutes of Health – US Dept of Health and Human Services, showed a statistically significant increase in brain cancer (3% glioma) and heart cancer in rats exposed to cell phone radiation for 2 years at levels below FCC exposure limits. Unexposed rats did NOT develop cancer. This study establishes a causal link between cell phone radiation and cancer, despite how the telecom industry has spun this study in the media.
<http://biorxiv.org/content/early/2016/05/26/055699.full.pdf+html>

iii) October 2013: The NIMH (National Institute of Mental Health) reported 25-30% of kids between ages 13-18 will experience an anxiety disorder. This is an increase of 20 fold (i.e. 1900%) over the last 30 years
<http://health.usnews.com/health-news/health-wellness/articles/2013/10/10/how-to-cope-when-school-anxiety-lingers>

iv) September 2007: The number of American children and adolescents treated for bipolar disorder increased 40-fold [that's 3900%!] from 1994 to 2003. Bipolar disorder is characterized by extreme mood swings. Dr. Mark Olfson of the New York State Psychiatric Institute at the Columbia University Medical Center, said, "I have been studying trends in mental health services for some time, and this finding really stands out as one of the most striking increases in this short a time." The increase makes bipolar disorder more common among children than clinical depression, the authors said.
http://www.nytimes.com/2007/09/04/health/04psych.html?_r=1

v) August 2015: Washington Post reports people are developing dementia a decade earlier compared to 20 years ago (2010 vs. 1990) The disease is now regularly diagnosed in people in their late 40s, and death rates from early onset dementia are soaring. The study found that deaths caused by neurological disease had risen significantly in adults aged 55 to 74 and more than doubled in the over-75 population overall. The problem was particularly acute in the United States, where neurological deaths in men aged over 75 have nearly tripled and in women increased more than fivefold. "The rate of increase in such a short time suggested a silent or even a hidden epidemic, in which environmental factors must play a major part, not just aging." The environmental factors cited included chemical pollution and increased background electromagnetic fields (which includes wireless radiation)
https://www.washingtonpost.com/world/people-are-developing-dementia-earlier-and-dying-of-it-more-a-study-shows/2015/08/06/599b16b8-3c0a-11e5-8e98-115a3cf7d7ae_story.html?wprss=rss_world .

1) Video on 5G by Josh Del Sol: The FCC's press intimidation, suppression of science, and rubber stamping of 5G rollout

<https://www.youtube.com/watch?v=OMxfffqyDtc>

5:25 – FCC Chairman Tom Wheeler says if something can be connected, it will be. Billions of microchips in products, in everything including pill bottles and plant waters will have RF chips to be connected to 5G. Reason: tens of billions of dollars in economic activity

6:46 – Bloomberg reporter questions Tom Wheeler why his press badge was confiscated when he talked to others at the press conference who attended to express their concerns about 5G radiation

8:30 – Kevin Mottus, former California Congressional candidate asks Tom Wheeler about the US government NTP study of cell phone radiation (below thermal levels) causing cancer in rats and Tom Wheeler ignores the question

9:40 Interviews with Kevin Mottus and Dafna Tachover, attorney and founder of weartheevidence.org, an advocacy group for those harmed by wireless devices.

32:40 – list of actions to take

33:14 – statements from Annual reports of Verizon, AT&T, Vodafone, China Mobile, General Communication, American Tower, Crown Castle, Telefonica, Microsoft, T-Mobile, Nokia, from 2014/5 to investors regarding HUGE anticipated settlements from lawsuits involving injuries caused by wireless devices. (Most of these companies are self-insured and do NOT carry liability insurance, meaning if they lose the lawsuits they will have to pay) Also statements by Swiss Re (reinsurer), Lloyd's of London (reinsurer) and other insurance companies around the world specifically stating they will NOT cover injuries caused by electromagnetic fields.

37:56 – Schools bringing G00gle Virtual Reality into the classroom need to sign a waiver absolving them from any liability in case of personal injury or death, and the maximum liability is \$1,000 (My comment: A company would not have a school sign a waiver absolving them of death or injury unless there was a risk of injury or death. I just saw this waiver for the first time and I am outraged that a school would sign such a waiver – are parents asked for their permission to sign this waiver since it's their kids that would suffer the injury or death? And the maximum liability is only \$1000? G00gle Virtual Reality uses a device that is essentially a smart phone held a couple inches from the eyes)

2) From Kevin Mottus, California Brain Tumor Association

Submit your comments regarding additional frequencies within the 5G spectrum that the FCC is going to vote on within 24-70 GHz as well as even higher spectrums 71-76 GHz, 81-86 GHz and 95 GHz. Please follow the instructions below; it will allow you to comment on 5 different dockets at once. You may want to comment specifically on the ways they want to use this 5G technology such as: "machine-to-machine communications, healthcare devices, autonomous driving cars, and home and office automation." See link for more information: [http:// transition.fcc.gov/Daily_ Releases/Daily_Business/2016/db0728/FCC-16-89A1.pdf](http://transition.fcc.gov/Daily_Releases/Daily_Business/2016/db0728/FCC-16-89A1.pdf)

Media, decision makers and other organizations definitely look at these comments. Please submit many many individual, small comments with attachments because it seems that it's more about the number of comments than the nature of the comments."

The deadline is September 30th but please begin submitting now!

It will help to have these comments on the record to refer to as I visit with individual Congress members in person now and demand they stop the roll out of 5G!!

Follow These Instructions to Make Comments:

1. Click on this link <http://fjallfoss.fcc.gov/ecfs2/>.
2. Click on "Submit a Filing" Tab at the top of the page.
3. Click on "Express a Comment" (on top of the page) to just make a comment or "Standard Filing" to attach documents (one of which can be your comment).
4. You can make one comment for all five docket numbers at once. Simply type in or Copy and Paste each of these Docket numbers one at a time into the "Proceedings" Field and make sure they are accurately displayed in the window: 14-177, 15-256, RM-11664, 10-112, 97-95
5. Fill out all required fields and click "Enter" or "Return" before you go to the next field.
6. Once all fields are filled out – click continue screen.
7. Review and submit.
8. Make sure you write down your confirmation # so that you can check on your submission.

Thank you for your help and support. If you have any questions email rolamasri@sbcglobal.net.

Kevin Mottus
California Brain Tumor Association

3) Please Contact WeAreTheEvidence.org if you have ES/EHS

If your health has been affected by wireless (EHS, cancer, etc.) your help is URGENTLY requested!

1) Please post your 1-page testimonial here <http://wearetheevidence.org/adult-form/>
(If you do not wish to post your story on the website but would like to share it with WeAreTheEvidence.org for the purpose of making our government aware that there are people like yourself getting sick from wireless, you can email Dafna at Dafna@WeAreTheEvidence.org)

All stories are important, but she especially needs residents of the following states below ASAP THIS WEEK, so if you live in one of these states, please post your stories ASAP:

(If you know someone who has been affected from one of these states, please forward this note to them and ask them to connect with Dafna. Thank You!)

New Jersey
Washington
Nevada
Missouri
Alaska
MA
Mississippi
Colorado
Hawaii
Minnesota
South Dakota
Florida
Montana
New-Mexico

Texas
Massachusetts
Connecticut
Kansas

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Dafna Tachover, CEO
Attorney (NY, Israel), MBA
US Number: (845) 377 0211
Israeli Number: 03-763 9673
WeAreTheEvidence.org
EHS Fight Back

Sent from my WIRED internet connection

New phone + 4G LTE---- RF Levels almost 10x higher!!!

From: " @yahoo.com [emfrefugee]" <emfrefugee@yahoogroups.com>
To: emfrefugee@yahoogroups.com
Sent: Sunday, September 18, 2016
Subject: [emfrefugee] New phone + 4G LTE---- RF Levels almost 10x higher!!!

I got a 1-month 4G LTE plan just to use sparingly during travel. AT&T sim on the new Blu R1 HD smartphone.

My RF meter was showing around 6000 mV/m. Wow...wasn't expecting such high levels!

Haven't had a phone plan in 3 years. Back then I was getting around 800 mV/m on my 4G HSPA+ smartphone (non-LTE).

I put the same sim card into my USB mobile broadband (non-LTE), and I'm getting levels of 600 mv/m (10x less), so I am going to stick to this.

From: Jane
To: emfrefugee@yahoogroups.com
Sent: Sunday, September 18, 2016
Subject: Re: [emfrefugee] New phone + 4G LTE---- RF Levels almost 10x higher!!!

Thanks for the report Mike. What does this say about 5G one wonders?

Jane

LOW EMF CAR RECOMMENDATIONS

From: " @yahoo.com [emfrefugee]" <emfrefugee@yahoogroups.com>
To: emfrefugee@yahoogroups.com
Sent: Sunday, September 18, 2016
Subject: [emfrefugee] LOW EMF CAR RECOMMENDATIONS

My new car was a lemon and is being returned to dealer because they gypped me, but kind of a good thing cause the EMF was too much for me.

I've asked this question before on here and gotten these recommendations: 2002 Prius, 2007 Subaru Forester, 2007 Subaru Outback

I'd like something SMALL, GOOD GAS MILEAGE, and US made or ASIAN made, as the parts are inexpensive.

From: Guy
To: emfrefugee@yahogroups.com
Sent: Tuesday, September 20, 2016
Subject: [emfrefugee] Re: LOW EMF CAR RECOMMENDATIONS

New or old?

OLD – mechanical diesel best if you can stand the exhaust fumes.

NEW – Otherwise a modern petrol (gasoline) German with demagnetized tires and battery in the front. Disable the Bluetooth and RADAR detection of other cars.

From: Mary
To: emfrefugee@yahogroups.com
Sent: Tuesday, September 20, 2016
Subject: [emfrefugee] Re: LOW EMF CAR RECOMMENDATIONS

Hi! I hunted for 6 months for this.....Finally decided on a 2007 Subaru Outback. The magnetic field is virtually nothing compared to everything else I looked at. Their Forester for the same year was also very low. I disabled the navigation system (hooked up at the rear-view mirror) by simply pulling the connection to the mirror.

Love the car now! Thanks, Mary

Wireless Victory in California Court of Appeals

From:
Date: Tue, Sep 20, 2016
Subject: Wireless Victory in California Court of Appeals

On September 15, 2016, the First District of the California Court of Appeal issued its opinion in the case *T-Mobile West LLC v. City and County of San Francisco*, affirming the City's authority to regulate wireless facilities proposed for light and utility poles in its public rights-of-way (PROW) based upon aesthetic considerations.

This is an important victory for California residents and opens the door for other local governments across the state to implement their own wireless permitting regimens for facilities proposed for PROW.

T-Mobile's attorneys will likely appeal the decision to the California Supreme Court, but whether the Supreme Court will agree to accept the case and, if it does, what its decision might be, remain open questions.

The full opinion may be accessed at the Court of Appeals website:
<http://www.courts.ca.gov/opinions/documents/A144252.PDF>

Worked for Me!

From: Anne
To: emfrefugee@yahogroups.com
Sent: Wednesday, September 21, 2016
Subject: [emfrefugee] Worked for Me!

I want to share with the EMF Refugee group what I have found to be helpful to me. I have been with the EMF Refugee group I believe since its inception, feels like a decade ago. I've been on the hunt for remedies to living in this highly toxic and EMF world, and how to deal with healing and health given these conditions. My hunt has ranged from quantum physics scientists to down the rabbit hole politics.

A friend told me about an applied quantum mechanics physics scientist, Gary "Thunder" Pratt, part AmNative Indian, farm boy from Iowa, IQ >200. He had worked in the telecom industry (e.g., MCI that uses microwave and satellite) and computer video games company ... quantum computing is a whole other thing. His wife had been in a terrible car accident. He used his technology to literally repair her – going from a grim broken body and prognosis; she now runs up and down their multi-level home busy with the children.

This farm boy has applied his quantum technology to such issues as growth of food plants, cleaning environmental pollution (e.g., auto emissions to zero, EPA tested), cleaning polluted water, increased protection from cell phone and other harmful EMF radiation, thermal regulation, and health applications packaged into "GrayLind Gold" hologram, among other applications. His company is GrayLind, Industries, a combo of Gary and wife Linda. His technology isn't just frequencies, so to speak; this is quantum, involving such aspects as density, dimensions, energy, 'signatures', and codes. Like tapping into the Matrix for better 3D living.

I have found Gary's technology to be effective for me. If I use a cell phone, within 60-90 seconds, my hand begins to tingle and the ache is so uncomfortable I have to put the phone down out of my hand. With Gary's EMF Blocker sent as a quantum hologram applied on my cell phone, I do not experience that tingle and ache, the EMF is greatly decreased.

As another example, a year ago, I refinished the wood floors in my old house and ended up with an infection that would go down to my teeth. No antibiotics worked and the infection was serious enough that I should've gone to the hospital. This infection has flared up a couple of times. The next time I felt pain and ache in my cheek, I called Gary and he sent me a few holograms that I shined on my cheek and drank water I exposed to the holograms. So far the pain and ache has resolved. That's a big deal to me.

Gary's big project currently is to clean car emissions pollution in the world. The California EPA test facility showed that his technology essentially eliminates gasoline exhaust to zero emissions! If a car isn't in super bad shape, the effect can be noticed within a few minutes. I did it with my old Volvo. My car was exposed to the Anti-Smog quantum hologram for 2 minutes. This changes the gasoline in the tank to make 70 toxic contaminants completely burn in combustion instead of unburned contaminants being exhausted into our air. Car exhaust that has that bad chemical smell ends up smelling like clean steam. I did it with my old Volvo that has 125,000 miles, it had "how can that be" clean steam smell. By the time a car has gone through two tanks of hologram exposed gas and one oil change, emissions are essentially zero and actually act as a filter for the surrounding air.

I have been relentlessly blasted, accosted, here in Los Angeles by different harmful radiations and particulates. In west LA I am close to freeways and LAX airport, huge sources of radiation and dirty air. I am also sensitive to harmful chemicals used on food, and GMOs. I have spent years coming across products that don't work or don't work for me. I've seen these holograms work on cars and have experienced the benefit working on me, so I thought people should know about it. For the first time in my life, I have signed up as a rep. This is not about money for me. Use my domain site ("QuantumHologram.biz") that links to Gary's site or just go to "GrayLind.com". GrayLind has a live stream chat function where Gary "Thunder" hangs out making himself available for information.

Take care, everyone!

Anne

Anne Rice, Ph.D., F.A.A.S.M.
Diplomate, American Board of Sleep Medicine
Fellow, American Academy of Sleep Medicine
Former Instructor for Board Review Course, School at Stanford, AASM
Certified: High Performance Neurofeedback, Clinical Hypnotherapy, Transformational Coaching_____.
Posted by: Anne Rice ankami@gmail.com

From: Lily
To: emfrefugee <emfrefugee@yahoogroups.com>
Sent: Wednesday, September 21, 2016
Subject: Re: [emfrefugee] Worked for Me!

Hi Anne,

Thanks for sharing that great information! I will be looking into it, both for my own physical health, and for the car smog angle. Happy that you found something that is helping you. If we look hard enough and long enough, answers will come.

I see that you are involved in sleep education. Would you have any pointers for how to achieve deep, restful, sustained sleep when your sympathetic nervous system is a bit ratcheted up, as in electrosensitivity? I just take a handful of herbs at night (the usual suspects – passion flower, skullcap, magnolia bark, milky oat tops, etc.), and 1,000 mg l-tryptophan. Have tried most of other remedies like GABA, l-theanine, melatonin, valerian with no or negative results.

Several of my friends now have sleep apnea. Many times that can be traced to ‘deviated septum’ which most of the time I understand is simply a result of inflamed nasal tissue. But what a strange development in our modern times. Waking up hundreds of times per night! Is there some other underlying reason for it?

All the best,

Lily

From: Anne
To: emfrefugee@yahoogroups.com
Sent: Wednesday, September 21, 2016
Subject: Re: [emfrefugee] Worked for Me!

Lily, I so agree with you, what the heck is going on in these times we live in.
So many people with bad health.

What's interesting is the upper airway is open during wake, and the same upper airway closes during sleep. How can that be. I believe there is a lot of brain damage going on. A UCLA professor, brilliant and real integrity, Ron Harper, found frank brain damage in sleep apnea patients due to the oxygen desaturations occurring with each apnea, occurs in heart failure also. There was a book, called "Chemical Injury Brain", people exposed to serious toxins (super fund sites) had significant neurocognitive deficits by testing. (large tumors will show up by imaging, but many little 'hits' will not show up by gross imaging, need neurocognitive testing, like the football players). Kilburn found that the control people, supposedly non-exposed people also had significant amount of neurocognitive deficits, meaning, we humans are losing our baseline of healthy functioning. And what happens to sick animals, they get irritable.

As for sleep and insomnia, I never found a good fix. Maybe for some people, some things work ok. But I think it is the global system of stress that contributes to so many problems.

At work, I tried making available for people to try, use of a Bemer mat (increases micro circulation ... difficult to get when one sits at a computer all day) and listen to hemisync music (Robert Monroe Inst., I like "Elation", "The Lotus Mind", "Higher") with stereo headphones for 10-20 minutes. Hemisync synchronizes the two brain hemispheres inducing biurnal beats (e.g., 300 cps one ear, 310 cps other ear and brain creates difference of 10 cps). This is very relaxing, tends to cause release of endorphin, and may elicit psychic activation in some people. It feels like going into meditation/hypnosis/sleep but not.

A friend said she resolved her nasal gunk by using spray-on-skin magnesium from Activation Products. I'm going to try it, and I ordered their Panaseeda Oil for gut and health.

Anne
:)

From: Lily
To: emfrefugee <emfrefugee@yahoogroups.com>
Sent: Wednesday, September 21, 2016
Subject: Re: [emfrefugee] Worked for Me!

More good info! Thanks.

I have access to occasional Bemer mat use if I want so I think I will try it out. I was concerned about the EMF's though.

Attended Robert Monroe's early lectures in the old days. Sounds like a pleasant sleep fix, with bonuses!

Dr. Jeffrey Thompson here in San Diego County (world-renowned sound healer) balances a person's R & L hemispheres with personalized tones on a C.D.

He finds the frequencies that are missing, and supplies them. He finds that with his patients, about 90% of them are way too sympathetic dominant (hence, easy to see why there is so much insomnia and apnea).

Lily

From: Shannon
To: "emfrefugee@yahoogroups.com" <emfrefugee@yahoogroups.com>
Sent: Wednesday, September 21, 2016
Subject: Re: [emfrefugee] Worked for Me!

In response to Lily on the sleep issue:

One of the best things for me has been to make sure I don't have any solid foods 4 hours before bedtime. This may seem like something really hard to do. But if you are eating at regular intervals throughout the day you should not feel too hungry in the evening. I have noticed if I cheat at all about this, it makes a HUGE difference in my ability to go to sleep and stay asleep, even while sleeping out in nature in a tent away from EMFs. So that is important I think, extremely.

Please try it; I have had amazing results.

Also with herbs many herbs are high in polysaccharides, normally a good thing, but not in cases of auto-immunity, which I expect to be a possible root cause for the hypersensitivity esp. as adrenal function is closely related with any allergic responses to anything, and if there are adrenal issues there can also be auto-immune issues.

With my poor responses to so many great herbs I finally figured out that this is what was going on with me. And the herbs were actually making me feel worse because of raising white blood cell counts too high.

So now I am taking a few herbs to help my adrenals and thyroid. But they are all OK for auto-immune disorders so I am actually not having a bad reaction to any of them and I am also starting to feel better, much better energy throughout the day and much less sensitivity to both EMFs and chemicals.

I am combining powders of Andrographis (good for underlying infections and adrenals), Nettles (great for adrenals), Chapparral (for infections, viruses, very powerful anti-oxidant), Amla, Chinese licorice (non-stimulating).. and then taking a small amount of kelp (1/4 tsp to 1/2 tsp).. I take the other herbs 3-4x a day between meals, 1/2 tsp of the total mixture.

So far it's helping for me. I'll report back after more time has passed.

Shannon

From:
To: emfrefugee@yahoogroups.com
Sent: Wednesday, September 21, 2016
Subject: [emfrefugee] Re: Worked for Me!

Hi Everyone,

Here's my sleep cocktail that works for me fantastically:

- 2000 to 3000 mg of L-Lysine (which increases serotonin levels in the brain, as well as reducing Nitric Oxide [NO] levels)
- Magnesium (a natural VGCC blocker)

- Sprouted Rice Dream (contains naturally occurring GABA) (Buy at Whole Foods or most natural food grocery markets)

- Tart Cherry Juice (contains melatonin)

And then I sleep under a net and on a grounding pad.

Paul

From: Lily
To: emfrefugee <emfrefugee@yahoogroups.com>
Sent: Wednesday, September 21, 2016
Subject: [emfrefugee] Re: Worked for Me!

Paul, that is an interesting combo.

Are you not concerned about throwing off your arginine levels with so much lysine every day?

I take 1,000 mg of tart cherry in cap every day. 2 caps makes me groggy next day.

Best, Lily

From: Lily
To: emfrefugee <emfrefugee@yahoogroups.com>
Sent: Friday, September 23, 2016
Subject: [emfrefugee] Re: Worked for Me!

OK, so that is why taking 1,000 mg. of l-tryptophan before bed helps me sleep.
Thanks for the good info, Paul.

From: Paul
To: emfrefugee@yahoogroups.com
Sent: Friday, September 23, 2016
Subject: [emfrefugee] Re: Worked for Me!

Absolutely, as you need tryptophan to make serotonin and we all know that EMF exposure depletes levels of serotonin (not to mention numerous other neurotransmitters [etc. dopamine, phenylethylamine, etc.] and hormones [e.g. melatonin]). Bananas are high in tryptophan as is turkey. And then things like pineapple and cashew nuts are high in serotonin. Maybe that is why people in Thailand are so 'sabai sabai'.

Paul

Is Wi-Fi Radiation the Reason You Feel Lousy?

From: INH - Angela Salerno <noreply@inhresearch.com>
To: EMAILONLY <garyvesperman@yahoo.com>

Sent: Friday, September 23, 2016
Subject: Is Wi-Fi Radiation the Reason You Feel Lousy?

INH Health Watch

Is Wi-Fi Radiation the Reason You Feel Lousy?

They are called ‘the undiagnosed’. These are people who go through life feeling lousy. Their doctors are unable to help them or explain the cause of their problems.

They may suffer symptoms that match a wide range of illnesses, including dizziness, fatigue, nausea, insomnia, headaches, or heart palpitations.

After going through tests that show nothing is wrong, these patients may be told “It’s all in your head.” And they may resign themselves to living in misery.

RECOMMENDED FOR YOU

Bhagavad Gita Contains Hidden Clue to Maintaining Perfect Blood Pressure

It’s one of the most well-known and sacred Hindu scriptures. And within its pages, the Bhagavad Gita tells the story of an undefeated warrior.

Today, in a surprising twist of events, this hero holds the secret to keeping perfect blood pressure. One that you can easily unlock. Like the 85-year-old woman who to this day maintains healthy BP. And the young people in one study that discovered this secret. They felt a ‘significant’ healthy impact on their systolic blood pressure.

In this VIDEO you’ll discover how this legendary story turned into one of the most potent natural solutions on the planet for your heart. It’s an unusual story. But one you’ll want to hear.

“I’m 49 but I feel 25 years younger.”

The above quote is from a real 49-year-old man in California. Before he found the cure, he had all the symptoms of Male Aging Syndrome (MAS).

A big gut. Flabby body. Foggy brain. Vanishing sex drive... They’re symptoms of a serious disease—not ‘normal aging’.

The root cause of MAS is in the balance of hormones in your body. Thanks to over 70 years of research, we now know how to fix it. Just increasing one hormone can make all the difference.

Guys, if you’re looking and feeling old, wake up! Start regaining your youth [HERE](#).

Medically unexplained symptoms are one of the most common problems in modern medicine. They account for 15-30% of primary care patients, according to a study published in the Oxford University Press.

But now some scientists and doctors say they may have found an explanation for the growing numbers of these cases. It’s an allergy called ‘electromagnetic hypersensitivity’ or EHS.

Sufferers say they have a physical reaction to electromagnetic radiation emitted by Wi-Fi, computers, cellphones, broadcast towers, and electrical power lines. Most of us are bathed in this type of radiation all day, every day.

Studies do not directly link electromagnetic radiation to illness. But there is much anecdotal evidence. In one of the most tragic cases, a teenage girl in England suddenly began suffering blinding headaches when her school added Wi-Fi. She eventually committed suicide.

Many other people say they suffer from headaches, fatigue, and other symptoms that disappear when they are away from Wi-Fi stations, cellphones, and computer screens.

For the most part, American doctors pooh-pooh EHS as a legitimate diagnosis. But EHS support groups have started to spring up. And health authorities outside the U.S. are taking action:

The World Health Organization acknowledges EHS on its website, saying patients suffer ‘a variety of nonspecific symptoms’.

In Canada, the government’s Standing Committee on Health last year recommended tougher safety codes to protect people from electromagnetic radiation.

France has banned Wi-Fi in daycare centers and nurseries that care for children under 3. Last year, French courts ruled that a 39-year-old woman could collect disability benefits because of her EHS.

China, Russia, Italy, and Switzerland are imposing electromagnetic radiation exposure limits for their citizens.

And in the U.S., one town has become a mecca for EHS sufferers. It is Green Bank, West Virginia, which has banned most forms of electromagnetic radiation.

Up to 10% Might Suffer from EHS

France’s leading EHS researcher is Professor Dominique Belpomme. He calls EHS a “major health problem.” He estimates “between 1% and 10% of the population” are affected by electromagnetic radiation.

If you suffer from undiagnosed medical issues and think you may have EHS, keep a daily log of your symptoms for a week. Take your next vacation to a place without Wi-Fi. Also stay away from cellphones and computers. Continue logging your symptoms every day while you’re away. Then keep monitoring your symptoms for another week after your return.

If you find your symptoms decrease when you’re away from radio signals and increase when you return, you may have EHS.

A group called Citizens for Safe Technology offers an online EHS support group. Go there by clicking [here](#).

In Good Health,

Angela Salerno
Executive Director, INH Health Watch

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PRESS RELEASE – Berkeley's Cell Phone Right to Know Case in Appeal

From: Ellen
Date: Fri, Sep 23, 2016
Subject: PRESS RELEASE

For Immediate Release:

Contact: Ellen , California Brain Tumor Association
925-285-5437

Ninth Circuit Court Judge Friedland's Conflict of Interest

On September 13 the Ninth Circuit Court of Appeals heard the CTIA-Wireless Association's appeal in their lawsuit against the City of Berkeley's Cell Phone Right to Know ordinance which was implemented in March, 2016. A decision has not yet been rendered. Video of hearing below.

The three presiding judges of the Ninth Circuit Court of Appeals were Judge William Fletcher, Judge Morgan Christen and Judge Michelle Friedland. The potential conflict of interest rests with Judge Michelle Friedland.

Friedland's husband's career included design engineering in the wireless telecommunication industry with Cisco Systems, a member of the CTIA-Wireless Association.

http://www.nytimes.com/2000/06/18/style/weddings-michelle-friedland-daniel-kelly.html?_r=0

This case has high visibility on the basis of constitutionality of the law and because the CTIA is represented by Theodore Olson, past Solicitor General for George W. Bush. The City of Berkeley is defended pro bono by Harvard Constitutional Law Professor Lawrence Lessig. Lessig is also a past United States presidential candidate.

The outcome of this case is much anticipated as many cities and states are awaiting this critical ruling as they plan to enact their own versions of Berkeley's cell phone right to know label.

California Attorney General Harris's office submitted an Amicus Brief in support of Berkeley with concerns that a ruling against Berkeley's ordinance may harm other important disclosures protecting the welfare of California citizens.

During the hearing Judge Michelle Friedland seemed to have an unfavorable opinion regarding the City of Berkeley's position giving consumers the right to know. This predisposed bias was present in the form of questions, statements and body language made by the judge.

The case before the federal Court of Appeals is CTIA-The Wireless Association v. City of Berkeley et al., case number 16-15141.

In past years Judge Friedland also submitted an Amicus Brief supporting the work of Theodore Olson in regard to prop 8 (same sex marriage).

Link to the hearing:

<http://ehtrust.org/berkeley-cell-phone-right-know-ordinance-oral-arguments-theodore-olson-lawrence-lessig/>

The Berkeley Cell Phone Right to Know is a landmark law requiring cellphone retailers in Berkeley to post a notification at the point of sale informing consumers of information the FCC requires to be in the manuals or hidden deep within the operating system of the phones. This information, currently well hidden from the consumers, concerns the distance a phone must be kept from the body to be in compliance with radiation heating standards set by the FCC.

District Court Judge Eugene Chen had ruled that the ordinance is constitutional and implementation of the law occurred earlier this year.

From: Angela T.

Sent: Saturday, September 24, 2016

Subject: Berkeley Cell Phone Right to Know ordinance in danger. Bay area help needed!

Hi Everyone,

The city of Berkeley had passed an ordinance in May 2015 that requires retailers to sell cell phones with warning labels. But then the CTIA (Wireless lobbying industry that FCC chairman Tom Wheeler was former president of) sued City of Berkeley for this, despite the fact that cell phone safety manuals already say that phones should not be held against the skin.

However in January 2016 Berkeley's ordinance was upheld by US District court; so Berkeley retailers are now selling phones with the following warning: To assure safety, the Federal Government requires that cell phones meet radio frequency (RF) exposure guidelines. If you carry or use your phone in a pants or shirt pocket or tucked into a bra when the phone is ON and connected to a wireless network, you may exceed the federal guidelines for exposure to RF radiation. Refer to the instructions in your phone or user manual for information about how to use your phone safely.

<http://www.dailycal.org/2016/01/31/berkeley-implement-radiation-warning-city-cell-phone-retailers/>

But CTIA has appealed again, and it's in danger for reasons explained below in email from Ellie of the California Brain Tumor Association.

Even though cell phone instructions say use a hands-free device and do not carry next to the body, the US government (FCC) does not publicize this information nor mandates advertising to demonstrate this, leaving most people unaware of potential hazards, unwittingly allowing their young children to play with them like toys.

From: Ellen

Date: Sat, Sep 24, 2016

Subject: Gather the troops SOON!!!

I am sending this to those who were instrumental in helping get the Berkeley cell phone right-to-know ordinance passed. Thanks again and please forward to others whom I may have omitted unintentionally. WE NEED TO COME TOGETHER ON THIS ASAP.

It has been determined that Judge Friedland's husband works in the wireless industry.

She was one of the 3 judges that heard the CTIA/BERKELEY APPELLATE case on Sept. 13.

We are awaiting the decision but she is a definite vote in favor of the CTIA-Wireless Association.

I am trying to get media coverage, but you know how that goes.

So one suggestion from a brilliant colleague is that we picket the court house (PEACEFULLY OF COURSE) – that should get media attention and the attention of the court.

We need at least a dozen people if not more. We need hand-made signs – such as Judge Friedland has ties to CTIA – should have recused herself. I have right-to-know buttons for all of us.

We need a time and date SOON.

How about we get together to make signs on Wednesday Sept 28? Maybe our wonderful Lloyd will allow us to do this at his home again?

And perhaps we can picket the court house at 95 7th Street on Thursday or Friday? That will give us time to get others on board hopefully get media there.

Here is a video of the hearing for those that missed it:
<https://www.youtube.com/watch?v=Bca9J5I1nyg>

She is the dark-haired female judge shaking her head yes throughout Olson's comments. We all wondered about her strong opposition and we were correct.

Here is what we have on her:

FACTS:

Her husband was a design engineer in wireless communications technology at Cisco Systems – member of CTIA (Joel M found their wedding announcement with this info in it).

Her husband is currently a wireless communications engineer with Tarana Wireless in San Jose – they make equipment needed for 5G rollout which is happening in 2017 with San Francisco being one of the first cities.

AT&T is a major investor in Tarana. AT&T is a member of CTIA (not sure about Tarana).

Judd Uddenfeldt, past CTO of Ericsson and Sony Mobile joined Tarana's Board of Directors.

She had net worth of 6.3 million dollars in 2014 – abovethelaw.com mentioned that perhaps she sold off some stocks when she became a judge as she would otherwise have to recuse herself from many cases (she is only 44 years old now!)

When she was nominated for judge she had recommendation letters from Cisco, Facebook, Google and Edison.

Theodore Olson, attorney for CTIA, defeated prop 8 (opposed to same sex marriage) – she submitted amicus brief in support of his work.

SURMISING

Tarana will go public soon and she and her husband stand to make a lot of money in stock options – **THUS HER OPPOSITION.**

With her net worth at \$6.3 million she most likely has a lot of money in stocks – probably some in telecom.

If she is invested in telecom and her husband is about to cash in on stock options in the wireless industry then she would benefit financially from her defeating Berkeley's Cell Phone Right to Know.

We think there is enough here that she should have recused herself, but we do not know if that is true according to the courts.

She has worked with and has great respect for Theodore Olson for his work on prop 8.

DO HOPE YOU CAN HELP WITH THIS. Our attorneys have worked so hard pro bono on this case – the City Council put so many hours into this. We all worked hard to get this done so that others do not have to suffer needlessly. Many other cities and states want to do what Berkeley has done and this will greatly affect this taking off across the nation.

Please get back to me soon and ask others to join us. I think Thursday from 3-5:30 to picket would be good.

Your opinions are appreciated.

THANK YOU.

Ellie
CA Brain Tumor Association

From: Hugh

To: Gary Vesperman <garyvesperman@yahoo.com>

Sent: Sunday, September 25, 2016

Subject: Re: Berkeley Cell Phone Right to Know ordinance in danger. Bay area help needed!

Are you aware Sir Richard Branson will NEVER put a cellphone next to his head? He strongly believes this KILLED his best friend years ago! I now try to remember to turn on speaker and talk with it away from my head!

On September 25, 2016, Gary Vesperman <garyvesperman@yahoo.com> wrote:

This is for my Bay Area friends. If you are not from the Bay Area please ask your Bay Area friends to show up.

Local Boulder City campaigns I have started are removing Wi-Fi and wireless computers from the Boulder City City Hall, a Boulder City credit union, Boulder City schools, and the Boulder City hospital.

The Boulder City utility is installing new 'electric meters'. I have asked the manager Scott Hansen for the specs on the new electric meters to ensure that they do not emit hazardous wireless radiation similarly to California smart meters. The California Utilities Commission has already received over 2000 complaints of smart meter health impacts.

A taller order is that I am also urging my Teamsters Local 631 to pass a formal resolution demanding that Wi-Fi be removed from Las Vegas convention halls. If not, well, we and also the electrical union could all call in sick and so forth. In case you haven't seen it attached is my two-page flier (see near the end of this file) summarizing the case for removing Wi-Fi from Las Vegas convention halls.

My websites commutefaster.com/vesperman.html and padrak.com/vesperman link to three books I have written about the hazards of cell phones, cell towers, Wi-Fi, smart meters and wireless computers, laptops, routers, mice and keyboards. They total 600 pages. Also posted are 35 more or less authoritative reports about dangerously unhealthy radio frequency electromagnetic fields.

Keep in mind that we are fighting financially very strong but morally weak cell companies. Do you know that the insurance companies refuse to insure cell companies against medical liability claims? And that the insurance companies are already modeling the cost of a brain cancer epidemic 2020-2030?

Gary Vesperman
Boulder City, Nevada

From: LaFarr
To: Gary Vesperman <garyvesperman@yahoo.com>
Sent: Sunday, September 25, 2016
Subject: Re: Fw: Fwd: Berkeley Cell Phone Right to Know ordinance in danger. Bay area help needed!

Gary, The power emitted by cell phones etc. are milliwatts.

The big radiation emitters are radio and TV transmitters. 50 years ago in USA radio stations were limited to 50K watts. In Mexico there was a transmitter that broadcast from Clint, Texas; they dominated the 800 KHz frequency (In the center of the AM band) covering 80% of the USA. Their radiated power was a million watts!

The only effect of RF on animal tissue is heating. I knew a fellow who worked on radar and he talked of standing in front of a radar antenna to get warm; with no lasting effects.

Cheers, LaFarr

From: Barry
To: Gary Vesperman <garyvesperman@yahoo.com>
Sent: Monday, September 26, 2016
Subject: Are you aware that many cell phones now have their own Wi-Fi hot spot that is built into the cell phone, that radiates Wi-Fi for connecting the internet to another device?

Gary,

Are you aware that many cell phones now have their own Wi-Fi hot spot that is built into the cell phone, that radiates Wi-Fi for connecting the internet to another device?

Barry

From: Barry

To: Gary Vesperman <garyvesperman@yahoo.com>

Sent: Monday, September 26, 2016

Subject: Re: Are you aware that many cell phones now have their own Wi-Fi hot spot that is built into the cell phone, that radiates Wi-Fi for connecting the internet to another device?

Just go to or call any cell phone store, and you will find out that these Wi-Fi hot spot phones are common phones now that many people carry and use.

Barry

From: InterLinked CEO <wirelessaction@outlook.com>

To: "savelandlines@groups.electricembers.net" <savelandlines@groups.electricembers.net>;

"stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>

Sent: Thursday, October 27, 2016

Subject: [savelandlines] PROGRESS AT LAST! If Only Ever City in the United States Had Laws Like this one...

Finally, something good showed up in the news today... now if only we could get a nation-wide ordinance!

<http://www.healthfreedoms.org/city-of-berkeley-ca-has-adopted-an-ordinance-requiring-all-wireless-retailers-to-post-warning-on-radiation/>

City Of Berkley, CA Has Adopted An Ordinance Requiring All Wireless Retailers To Post Warning On Radiation

Last Tuesday, the Berkeley City Council unanimously adopted an ordinance to require cellphone retailers in Berkeley, California to provide consumers with information regarding the dangers associated with the wireless industry and more specifically, on cell phone radiation.

This ordinance is a big step forwards by creating awareness about this topic, which is clearly something we need more of. It specifically requires all cellphone retailers in the area to provide consumers with a notice on radio frequency (RF) radiation exposure and the proper guidelines to help users avoid this type of exposure. Warnings may include the dangers associated with carrying a phone in a shirt, pants, tucked into a bra or anywhere else on a person that may exceed federal safety guidelines.

The ordinance was created with the help of Lawrence Lessig, a Law Professor at Harvard University, and Robert Post, the Dean of Yale Law School, as well as the California Brain Tumor Association, who believes, along with hundreds of other scientists, that the research is sound.

In retaliation, the wireless industry has filed an appeal against the ordinance. Notifying consumers of the harms associated with cell phone use at the point of sale would clearly hurt their profits. Some companies already have warnings in their packaging, but it's only found in the fine print and isn't mentioned at the point of sale.

For example, here's a statement from Apple about the issue, who already has existing safety recommendations for cellphone use; however, most people don't know about them:

“To reduce exposure to RF energy, use a hands-free option, such as the built-in speakerphone, the supplied headphones, or other similar accessories. Carry iPhone at least 10mm away from your body to ensure exposure levels remain at or below the as-tested levels. Cases with metal parts may change the RF performance of the device, including its compliance with RF exposure guidelines, in a manner that has not been tested or certified.”

A similar statement from Blackberry reads as follows:

“Use hands-free operation if it is available and keep the BlackBerry device at least 0.59 in (15mm) from your body (including the abdomen of pregnant women)...

The issue here is that Berkeley citizens and most other cell-phone users are completely unaware of these guidelines and the dangers surrounding cell phone usage, which has obviously been downplayed by the industry.

For example, a poll conducted by Lessig and his colleague before the ordinance was finalized found that:

74% of Berkeley residents carry their cell phones against their bodies

70% said they didn't know that cell phones were tested assuming they would not be carried against the body

80 % said they might change their behavior if they knew knowing that “radiation tests to assure the safety of cell phones assume a cell phone would be carried away from your body”

85 % said they had never known or read any of the manufacturer's recommendations

82% said they would want this information made available to them at the time they purchased their cell phone.

The underlying purpose of this poll, and the ordinance in general, is to shed light on the apparent disconnect that exists between the current safety recommendations and customer knowledge and understanding of those recommendations.

Here's the text of the required notice, as Lessig writes in his blog:

“The City of Berkeley requires that you be provided the following notice: To assure safety, the Federal Government requires that cell phones meet radio frequency (RF) exposure guidelines. If you carry or use your phone in a pants or shirt pocket or tucked into a bra when the phone is ON and connected to a wireless network, you may exceed the federal guidelines for exposure to RF radiation. This potential risk is greater for children. Refer to the instructions in your phone or user manual of information about how to use your phone safely.”

This is a Very Minimal Requirement

Despite the fact that informing customers of the dangers of cell phone usage is the ethical thing to do, the wireless industry has filed an appeal to stop this effort.

Specifically, CTIA (wireless association) filed the appeal after a judge ruled in favor of the ordinance. However, the California Brain Tumour Association claims that:

One of the members of the three-judge panel, Michelle Friedland, is married to Daniel Kelly, a DSP senior engineer with Tarana Wireless. Inc., and has worked on the 5G technology for the upcoming rollout to the market.

According to the California Brain Tumor Association, AT&T is a major investor in Tarana, which also has a past chief technology officer of Ericsson and Sony Mobile sitting on its board of directors. The association also assumes that Kelly is a stockholder in Tarana, giving him a vested interest in the wireless industry....

If a judge has any financial interest in a controversy before her, she should have rescued herself from the case...Just the fact that her husband is in the industry and the timeliness of this with the 5G rollout is probably enough for her to rescue herself.

Below is a picture of Tom Wheeler, Federal Communications Commission (FCC) Chair & former Senior Lobbyist, announcing the roll out of 5G microwave technology.

So, what exactly is happening here? Basically, the privatization of this rollout may remove oversight and standards.

Unfortunately, big industry has paid off the scientists, bought the lawmakers, and ruled the proliferation of microwaves and other phenomena as “safe.” A powerful group of people have infiltrated these organizations along with most international health agencies.

“The medical profession is being bought by the pharmaceutical industry, not only in terms of the practice of medicine, but also in terms of teaching and research. The academic institutions of this country are allowing themselves to be the paid agents of the pharmaceutical industry. I think it’s disgraceful.” – Arnold Seymour Relman (1923-2014), Harvard Professor of Medicine and Former Editor-in-Chief of the New England Medical Journal

The Science

Dr. Joel M. Moskowitz, the Director and Principal Investigator at the Center for Family and Community Health at Berkeley School of Health, and Dr. Martin Blank of the Department of Physiology and Cellular Biophysics and Columbia University, are two out of hundreds of scientists from more than 30 countries who have produced more than 2,000 peer-reviewed articles about the hazardous effects of RF radiation. All of these scientists united together and formally signed and sent a letter to the United Nations requesting more thorough and unbiased research be performed regarding the dangers of RF radiation.

Below is a video of Dr. Blank outlining the potential hazards associated with these devices:

Here is a video of him giving a lecture about the issue.

Did you know that The International Agency for Research on Cancer (IARC) classified radio frequency fields (including those from cell phones) as a possible carcinogen in 2011? The dangers of cell phone usage gained significant mainstream credibility in 2011 when the World Health Organization (WHO) admitted that cell phone radiation may cause cancer. The statement was based on a cumulative decision made by a team of 31 scientists from 14 different countries after reviewing evidence in support of their claim. It’s pretty startling news, especially given the fact that a child’s brain absorbs much more radiation than that of an adult.

Below is a video of Dr. Devra Davis, one of the most well-respected and credentialed researchers on the dangers of cellphones:

“[A] cellphone is a two-way microwave radio...Industry has fought successfully to use the phrase ‘radiofrequency energy’ instead of microwave radiation. Because they know radiofrequency energy sounds fine.

We listen to music with radios. Everybody needs more energy. What could be better than that?

But radio frequency energy is another word for microwave radiation. If people understood that they were holding a two-way microwave-radiating device next to their brain or next to their reproductive organs, they might think differently about it.”

Things You Can Do To Limit Your Exposure & Why You Shouldn't Worry

Worrying is pointless, and solves nothing. That being said, coming across such information can be scary, and that's the last reaction you should have; after all, our thoughts feelings and emotions alone have shown to have a significant effect on our biology, and letting go of fear could possibly be the first step in helping you limit the effect that EMFs could be having on your body. That being said, here are some others measures you can take:

As Dr. Mercola points out, until the industry starts taking this matter seriously, the responsibility to keep children safe falls on the parents. To minimize the risk to your brain, and that of your child, pay heed to the following advice:

Don't let your child use a cell phone. Barring a life-threatening emergency, children should not use a cell phone, or a wireless device of any type. Children are far more vulnerable to cell phone radiation than adults, because of their thinner skull bones.

Keep your cell phone use to a minimum. Turn your cell phone off more often. Reserve it for emergencies or important matters. As long as your cell phone is on, it emits radiation intermittently, even when you are not actually making a call. Use a land line at home and at work.

Reduce or eliminate your use of other wireless devices. Just as with cell phones, it is important to ask yourself whether or not you really need to use them every single time. If you must use a portable home phone, use the older kind that operates at 900 MHz. They are no safer during calls, but at least some of them do not broadcast constantly even when no call is being made.

You can measure your exposure from your cordless phone with an electrosmog meter, and it must be one that goes up to the frequency of your portable phone. As many portable phones are 5.8 Gigahertz, we recommend you look for RF meters that go up to 8 Gigahertz.

You can find RF meters at EMFSafetyStore.com. Even without an RF meter, you can be fairly certain your portable phone is problematic if the technology is labeled DECT, or digitally enhanced cordless technology. Alternatively, you can be very careful with the base station placement as that causes the bulk of the problem since it transmits signals 24/7, even when you aren't talking.

“If you can keep the base station at least three rooms away from where you spend most of your time, and especially your bedroom, they may not be as damaging to your health. Ideally it would be helpful to turn off or disconnect your base station every night before you go to bed.” – Dr Mercola

Limit cell phone use to areas with excellent reception. The weaker the reception, the more power your phone must use to transmit, and the more power it uses, the more radiation it emits, and the deeper the dangerous radio waves penetrate into your body. Ideally, you should only use your phone with full bars and good reception.

Avoid carrying your cell phone on your body, and do not sleep with it under your pillow or near your head. Ideally, put it in your purse or carrying bag. Placing a cell phone in your bra or in a shirt pocket over your heart is asking for trouble, as is placing it in a man's pocket if he seeks to preserve his fertility.

The most dangerous place to be, in terms of radiation exposure, is within about six inches of the emitting antenna. You do not want any part of your body within that area while the phone is on.

Don't assume one cell phone is safer than another. There's no such thing as a "safe" cell phone.

Respect others; many are highly sensitive to EMF. Some people who have become sensitive can feel the effects of others' cell phones in the same room, even when it is on but not being used.

If you are in a meeting, on public transportation, in a courtroom or other public places, such as a doctor's office, keep your cell phone turned off out of consideration for the 'secondhand radiation' effects. Children are also more vulnerable, so please avoid using your cell phone near children.

Use a well-shielded wired headset: Wired headsets will certainly allow you to keep the cell phone farther away from your body. However, if a wired headset is not well-shielded — and most of them are not — the wire itself can act as an antenna attracting and transmitting radiation directly to your brain.

So make sure the wire used to transmit the signal to your ear is shielded. One of the best kinds of headsets use a combination of shielded wire and air-tube. These operate like a stethoscope, transmitting the sound to your head as an actual sound wave; although there are wires that still must be shielded, there is no wire that goes all the way up to your head.

Tips for Avoiding Dirty Electricity Risks

Additional options to minimize your risks from dirty electricity, compiled by Paula Owens, M.S. for the Ahwatukee Foothill News, include:

- “Avoid using laptop computers on your lap.

- Switch out compact fluorescent light (CFL) bulbs for incandescent light bulbs.

- Consider replacing Wi-Fi routers with Ethernet cables.

- Avoid electric water beds, blankets and heating pads.

- Remove electrical devices from your sleeping area. If you must use an electric alarm clock, keep it at least five inches from your body when sleeping. Or, opt for a battery-operated clock.

- Move power strips at least three inches away from your feet.

- Switch to flat-screen TVs and computer monitors as these emit less EMFs than the older styles.

- If you live in close vicinity to or underneath electrical wires, power lines or cell phone towers, you may want to consider moving.

- Stand three to four feet away from microwave ovens when in use [or stop using them altogether].

- Consider shielding devices to reduce EMFs from cell phones, cordless phones and landline speaker phones.

- Ask your electric utility provider to remove wireless smart meters and replace them with a wired smart meter.

- Walk barefoot on the sand, grass or dirt. This common practice known as earthing or grounding allows the healing negative ions from the ground to flow into our body and have been shown to reduce stress hormones and inflammation.

- Use 100 percent beeswax candles and Himalayan salt lamps in your home and office to absorb EMFs from the air. Salt lamps serve as natural room ionizers, emitting negative ions into the environment that effectively bind with all the excess positive ions, reducing EMFs, killing bacteria and purifying the air.”

Naveen Albert

CEO, InterLinked Project - www.interlinked.x10host.com

Member, Save Landlines/Stop Smart Meters Coalitions - www.savelandlines.org ; www.stopsmartmeters.org

Cell phones, cordless phones, and Wi-Fi have been linked to cancer and other negative health effects. Learn more, sign petitions, and take the survey at <https://wirelessaction.wordpress.com/>

"Getting rid of your landline is like getting rid of your refrigerator and using a cooler"

"Getting rid of your landline is like disconnecting from the water utility because they sell bottled water at the store"

This message was sent safely and securely over an Ethernet cable.

What are Wireless Emergency Alerts and how do they work?

If you are unfamiliar with the WEA system, here's what you need to know

If you are a New York City resident with a smartphone, you most likely received the following notification on the morning of September 19th:



The message, issued via the Wireless Emergency Alerts (WEA) system, was sent out to nearby cell-phone users as police began a search for the man believed to be connected to the bombings in Manhattan and New Jersey the previous weekend. For some, this may have been the first alert they had ever received. If you, too, are unfamiliar with the WEA system, here is what you should know about how it works:

1. The WEA system was introduced in April 2012. Rarely used, it is implemented in only three cases: extreme weather (and other threatening emergencies) in your area, AMBER alerts, and presidential alerts during a national emergency. No more than 90 characters in length, a typical WEA will show the type and time of the alert, any action you should take, and the authorized government agency issuing the alert.
2. WEAs are different from text messages, which transmit over a phone network and require the sender to know the phone number of the person they wish to reach. Because regular cell networks can overload during an emergency, the WEA system uses a technology called cell broadcast messaging. This enables alerts to bypass wireless traffic and reach anybody in range of a geographically targeted cell tower.
3. The Federal Emergency Management Agency (FEMA) manages an online tool called the Integrated Public Alert & Warning System, or IPAWS. Any of the hundreds of agencies authorized to send WEAs create an alert using IPAWS, which then passes the alert to phone carriers, who then deliver the alerts to your phone.
4. Wireless carriers' participation in the WEA system is voluntary. However, should they choose to participate, they have no say in whether or not a particular alert gets sent out. For most carriers, WEAs reach customers' phones within minutes or even seconds, overriding the volume controls of your phone to chime a unique sound and vibration so that you know it isn't just another text message or push notification.
5. WEAs are supported on a device-by-device basis. While most devices these days are WEA-capable, an older smartphone may not have the necessary technology. If you have a WEA-capable phone, go here to learn how to make sure you are opted in to receive alerts (or, if you prefer, to opt out of receiving them). Note that you may only opt out of WEA messages for imminent threats and AMBER alerts — presidential messages will still come through.

Sources: FEMA, Washington Post, Mashable

By Lori O'Too

Reaction to battery charger?

On Mon, Sep 26, 2016, diaba@sbcglobal.net [emfrefugee] <emfrefugee@yahoogroups.com> wrote:

I used a battery charger for the first time today. It was a 56 volt for an Ego leaf blower. It has a fan that goes while it's charging and I set it up in the garage – far from where I was in the house.

I got that weird feeling I usually get from electric exposure, but I wasn't near it. So I am wondering could it affect the wires in my house?

Thanks,

Diana

From: "Bill
To: emfrefugee@yahoogroups.com
Sent: Monday, September 26, 2016 8:42 PM
Subject: Re: [emfrefugee] Reaction to battery charger?

Yes it could. In that situation where it is far away it might help to plug it into a good filter, one with inductors. The audiophile ones seem overpriced; but most others you need to wire in yourself. And it depends what the switching frequency of the charger is; a lot don't filter low enough frequencies. Or get a linear charger (probably not made any more but maybe they used to).

From: "Bruce
To: emfrefugee@yahoogroups.com
Sent: Tuesday, September 27, 2016
Subject: [emfrefugee] Re: Reaction to battery charger?

For a plug in filter I suggest the following:
http://filterconcepts.com/ac/cf_series.html

These consist of a couple of common mode chokes and some small capacitance line-to-line and line-to-ground. They can be helpful but may not be sufficient. They are a plug-in filter – so are limited in performance. The performance of any filter is typically much less than the stated 50-ohm test data, and the safety ground is woefully inadequate for high-frequency filter grounding.

The next step up would be to install a toroidal isolation transformer, followed by the SW series filter from Filterconcepts, with a ground connection to a high-frequency ground created by burying 10 feet of 14-20" wide copper sheet with a couple of ground rods soldered to it.

The next big step up would be to go to a -110 dB military filter from Genesco, RFICorp, Lungren, etc. using the same grounding system. This I have much confidence in, but typically filter and grounding system need to be located well away from living spaces due to the ELF magnetic fields from the internal inductors, and widely spaced current path. Metal conduit should be used to route the filtered power.

I do not list bogus "filter" devices such as a Stetzer and Greenwave since their performance is so laughable. A 22 uF motor run capacitor across the power line does absolutely nothing for common mode noise, which is substantial for all switch mode power supplies. No serious engineer would ever specify such garbage. They can convert differential EMI to common mode, and thus the Stetzer meter shows a reduction in differential mode noise. In the process they generate magnetic fields. This does not reduce the radiated emissions, since common mode radiates. Benefits are almost entirely placebo effect, since for a problematic frequency, it takes a 30 dB of reduction to be a just barely noticeable improvement by someone with ES.

I also do not list pendants, crystals, harmonizers, Tesla coils, or holographic/tachyon/quantum pseudoscience devices since they work **ONLY** by placebo effect and have no effect at all on radiated emissions. I highly recommend Hopper's program for those who have previously had benefits from these devices, since your symptoms are being amplified by anxiety and learned responses from previous exposures (something which happens to pretty much all life on this planet).

The electrical engineering field of Electro-Mechanical Compatibility (EMC) is a mature and well established field. It covers everything you need to know about filtering, shielding and how to reduce emissions by design. I realize that it is well beyond the technical abilities of many but any that you can learn will help you avoid being a victim to charlatans and incompetents. Right now, this would include the vast majority of those consulting for/preying on the ES disabled. You can't teach lay people an entire complex field of engineering and its competent application in a 2-week seminar.

Best Wishes,
Bruce

Would like specs of new Boulder City electric meters

From: Ove Johnsson <>
To: 'Karl Guenther' <>; 'Gary Vesperman' <garyvesperman@yahoo.com>
Sent: Friday, September 23, 2016
Subject: WiFi radion Sickness

Yes, I'm very familiar with electromagnetic hypersensitivity (EHS).

Some 12 years ago I collaborated with a female journalist who was crusading against the growing microwave radiation we get exposed to. She wrote at least 2 books, debated on Swedish television and was subjected to angry reactions from the powerful Swedish electronics industry, especially the phone companies.

I helped her by doing lot of research.

As I recall, the main rebuttals from the electronics industry were:

1) Only some 10% of humans noted symptoms. Why not all of us?

- 2) The 3G radiation (which was more prevalent than Wi-Fi at the time) was less than the background radiation in the same frequency range, radiation that we are adapted to.
- 3) In the tests performed by researchers (paid by the electronics industry) no conclusive evidence for bad effects in humans were found.

The answers to questions 2 and 3, I found, was that:

- 2) The natural background radiation is un-modulated, whereas 3G (and of course Wi-Fi) carry information, modulated in a pattern that resembles the human body's own communication pattern
- 3) The tests were (of course) rigged, often by using un-modulated radiation, and test reports were sometimes doctored to show desired results.

What I never quite understood, though, was why humans are so very individually affected.

As the article indicates, there are quite a number of people in Sweden who can't live normal, 'civilized' lives.

But most of us are fine (knock wood!).

Cheers Ove

Från: Karl
Skickat: den 23 september 2016
Till: 'Gary Vesperman'
Kopia: ovejohnson@

Ämne: RE: Would like specs of new Boulder City electric meters

Very interesting and scary.

Just a comment, I visualize what you write.

You know equipment that creates sound the inverse of the actual called white noise in offices that reduces the overall volume.

Can you do subtractive versus additive energy to neutralize some of these waves?

I know that our satellites do have solutions but only to penetration.

I also know we worry about space flight and planet Habitats.

All the best in your quest!

Karl

From: Gary Vesperman [mailto:garyvesperman@yahoo.com]
Sent: Friday, September 23, 2016
To: Scott Hansen

Subject: Would like specs of new Boulder City electric meters

Mr. Hansen,

Last week I finished writing the third of three books on the hazards of electromagnetic radiation from wireless devices such as cell phones, cell towers, Wi-Fi, smart meters and wireless computers, laptops, printers, mice, routers and keyboards. The three books total 600 pages and are linked at padrak.com/vesperman. My website also links to 35 additional reports on dangerously unhealthy radio frequency electromagnetic fields.

At certain frequencies, wireless signals – far weaker than current safety standards – pull structurally important calcium ions off of our body's cell membranes, weakening and causing them to leak.

Having its meticulously balanced systems destabilized, even slightly, by wireless triggered leakage wreaks biological chaos – subverting the integrity of the body's intricate defense mechanisms and leaving it vulnerable to all manner of damage. Many symptoms of high sensitivity to powerful radio waves can thus be explained: Leaking skin cells cause rashes, tingling, numbness, burning sensations; leaking heart cells trigger potentially life-threatening heart complications; in the inner ear, leaking cochlear cells trigger tinnitus and leaking vestibular cells cause dizziness and other symptoms of motion sickness, including nausea. Electrohypersensitivity is similar to severe allergies to foods such as nuts.

The long list of biological malfunctions includes DNA damage, genetic changes, breakdown in intra-cell communication, protein damage, immunological function changes, reproductive system damage, decreased sperm counts, cell damage and death, brain-blood barrier leakage, brain nerve cell damage, free radical increases, melatonin decreases, possible linkage to auto-immune diseases like MS, embryonic cell damage, fetal defects, heritable birth defects, high blood pressure, diabetes, depression, insomnia, memory problems, autisms, infertility, hormonal imbalances, brain disorders, protein and peptide damage, kidney damage, brain tumors, breast cancer, Alzheimer's disease, muscle and head aches, chronic fatigue syndrome, weakened bones, and literally hundreds of potential illnesses related to leakage in cell membranes throughout the body.

Sweden already has 270,000 people who are on disability for related impairments. Millions of people in Germany complain of all kinds of nervous disorders and of a new common illness, called "burnout syndrome". We are all already being injured by wireless radiation below the minimum level of detectable symptoms. About 1% of Americans may already be suffering from electrohypersensitivity. The Russians were the first to call the condition 'microwave sickness' – reversible in the early stages, lethal over time.

The bottom line is that all of us should minimize exposure to wireless radiation as much as possible. Children should especially not play with smart phones and be exposed to Wi-Fi in their schools.

The California Utilities Commission has received over 2000 complaints of health impacts from smart meters.

At the end of the "Items of Outstanding Interest" chapter in EMF Hazards Book Three there is this profoundly alarming statement from Nobel Prize Winner and oncology epidemiologist Dr. Devra Davis. She was a founding director within the US National Research Council at the National Academy of Sciences and a founding director of oncology at University of Pittsburgh Cancer Institute <http://ehtrust.org/about/dr-devra-davis/> She was responsible for eliminating smoking from commercial flights.

"Devra Davis, PhD, MPH, president of Environmental Health Trust, is seriously concerned about the future of humanity. Our children are being exposed to a level of 'unnatural' microwave radiation which damages DNA (irreparable genetic mutations which are passed on to all future generations) and inhibits cellular repair – which leads to cancer. This is truly an unproven, mad experiment on humans with dire health consequences."

To be absolutely sure that the new electric meters do not emit hazardous radiation please send me the manufacturer's name, model number, manuals and specifications of the new electric meters.

I see a possibility that the new electric meters only comply with outdated FCC safety regulations.

GaryVesperman
588 Lake Huron Lane
Boulder City, Nevada 89005-1018
702-435-7947

From: Scott Hansen
To: "garyvesperman@yahoo.com" <garyvesperman@yahoo.com>
Sent: Tuesday, September 27, 2016
Subject: FW: Would like specs of new Boulder City electric meters

Attached, please find the documents you requested.

The AMR meter used by the City is Itron's Type "Centron C1SR". The associated documents requested by Mr. Vesperman are attached.

Scott Hansen, P.E.
Public Works Director
401 California Ave.
Boulder City, NV 89005
702-293-9291

C1SR R300
CENTRON®

The Radio Frequency Personality Module allows meter data to be collected automatically, helping to save time, improve reliability, increase accuracy and ensure data security.

The R300 IDM High Power is a radio frequency (RF) personality module based on the CENTRON solid-state metering platform. Kilowatt-hours and tamper data are reported through RF transmissions. The R300 IDM High Power module provides both baseline and advanced data collection functionality, including interval data recording and enhanced tamper reporting capability. The R300 IDM High Power delivers the ERT standard consumption messages (SCM) to any of Itron's radiobased data collection technologies, including handheld computer, a vehicle based mobile automated meter reading (AMR) unit such as the Mobile Collector, or a network data solution such as the Itron Fixed Network or MicroNetwork.

In addition, the R300 IDM High Power is also capable of delivering interval data messages (IDM) to the Itron fixed Network AMR system to calculate ANSI standard demand, time-of-use (TOU), and load profiling information. The output level of the CENTRON R300 IDM High Power has been increased +20dBm above its predecessor, the R300 IDM. The higher-powered R300 is designed for particularly hard-to-read installations such as basements and below-grade locations, as well as gated communities, airports, and military installations.

An additional benefit of the higher-powered R300 is a lower infrastructure cost; greater transmission distance equates to fewer repeaters and collectors.

The meter can be reset by using the ZROC2A device, which resets both the kWh register and tamper status counters. Itron provides all applications, related hardware and complete support to automate and ensure maximum efficiency in the installation process. Itron also provides easy-to-use file interfaces to support the upload and download of information to and from utility billing systems.

PRODUCT

Energy RF Transmission

- »» Each RF transmission contains the unit ID number, unit type, energy usage, and tamper status, as well as the cyclic redundancy check (CRC) to ensure message integrity
- »» Transmit frequency: spread spectrum 910-920 Mhz
- »» Compatible with all Itron 900 Mhz handheld, mobile and fixed network data collection solutions, including Itron's premier AMR data collection suite
- »» Offers up to +20dBm of output power

Tamper Detection

The Itron patented method of tamper detection identifies:

- »» Power removal tamper (SCM/IDM)
- »» Meter inversion tamper (SCM/IDM)
- »» Reverse disk rotation (IDM)
- »» Power outage count (IDM)

From: Ove Johnsson

To: 'Gary Vesperman' <garyvesperman@yahoo.com>; 'Karl Guenther'

Cc: Erik

Sent: Friday, September 23, 2016

Subject: Would like specs of new Boulder City electric meters

Karl; this sounds a lot like that fantastic headset from BOSE that I bought from Amazon (by way of Nancy) during my last visit.

This technology is just GREAT!!

For the first time I can now really sleep on flights.

Ove

From: Gary Vesperman <garyvesperman@yahoo.com>

To: Andrew Michrowski <paceincnet@gmail.com>

Sent: Tuesday, September 27, 2016

Subject: Attached are specs of new Boulder City electric meters; do they cause harmful medical impacts?

Hi Andrew,

The two attached documents are for the new "electric meters" being installed in Boulder City.

I just started studying them to see if the radiated EMFs would be harmful to humans similarly to the smart meters that have resulted in over 2000 smart meter health impact complaints to the California Utilities Commission.

Gary Vesperman

On Sun, Oct 23, 2016, Gary Vesperman <garyvesperman@yahoo.com> wrote:

Hi Andrew,

Are you still researching whether this electric meter is safe or should not be installed?

Gary Vesperman

From: Andrew Michrowski <paceincnet@gmail.com>

To: Gary Vesperman <garyvesperman@yahoo.com>

Sent: Monday, October 24, 2016

Subject: Re: Fw: Attached are specs of new Boulder City electric meters; do they cause harmful medical impacts?

Yes, and it is part of the massive class action lawsuit (where I am an expert witness) before the Superior Court of Quebec on behalf of a million + Quebecers suffering from the consequences of such devices. The units produce a number of bands that have not been declared to regulatory bodies, which only add up to the injurious affection.

Andrew Michrowski

From: Gary Vesperman <garyvesperman@yahoo.com>

To: Scott Hansen

Cc: Andrew Michrowski <paceincnet@gmail.com>

Sent: Monday, October 24, 2016

Subject: Fw: Fw: Attached are specs of new Boulder City electric meters; do they cause harmful medical impacts?

Hi Scott,

I finally got my answer from Andrew Michrowski re the new electric meters being installed in Boulder City.

Just I had suspected, the new electric meters should not be installed on and around Boulder City buildings.

For more on toxic wireless radiation see for example <http://www.phonescausebraincancer.com/> and <http://wi-cancer.info/home.aspx>

I have written three books on toxic wireless radiation totaling 600 pages. Since September 17 I already have accumulated plenty of new information to justify a fourth book. See my websites padrak.com/vesperman and commutefaster.com/vesperman.html for my three EMF hazards books plus 35 other reports.

Hazards of Cell Phones, Wireless Devices, Etc – Book Four 65

December 14, 2016

Now I am trying to figure out how to protect Boulder City students by shutting down Wi-Fi in Boulder City schools. The tragedy is that the genetics of youngsters in addition to their health have already been seriously injured by Wi-Fi in their schools.

Gary Vesperman

From: Gary Vesperman <garyvesperman@yahoo.com>
To: Scott Hansen
Sent: Monday, October 24, 2016
Subject: Fw: Fwd: The Landis + Gyr Smart Meter: An Inside View

Hi Scott,

Back around 1975-1976 I worked as a technical writer with Moore Systems in Sunnyvale, CA. While I was there Landis and Gyr, a European company, bought Moore Systems.

Gary Vesperman

From: Andrew Michrowski <paceincnet@gmail.com>
To: Gary Vesperman <garyvesperman@yahoo.com>
Sent: Monday, October 24, 2016
Subject: Fwd: The Landis + Gyr Smart Meter: An Inside View

Some more details --

Andrew Michrowski

From: Joel MOSKOWITZ
Date: Wed, Nov 11, 2015
Subject: The Landis + Gyr Smart Meter: An Inside View
To: CHE-EMF <cheemf@lists.healthandenvironment.org>

The Landis + Gyr Smart Meter: An Inside View

Dan Mattson. The Landis + Gyr Smart Meter: An Inside View. November 8, 2015

No Abstract

Excerpts

This is a report on the Landis Gyr Focus AXR-SD smart meter. This is one of two smart meters in regular use for single-phase 120/240 volts AC in Pacific Gas and Electric's (PG&E) service territory. The report is based on visual examination of a disassembled meter and non-invasive measurement of an operating meter. Privacy is a major concern with smart meters. The measurements done for this report reveal a way that consumer equipment can be identified.

Known types of electromagnetic emissions from this smart meter are:

Hazards of Cell Phones, Wireless Devices, Etc – Book Four 66

December 14, 2016

ELF magnetic fields

The pulsed microwave radiation (902-928 MHz)

The switch mode power supply switching frequency radiation (130 kHz)

There is also a zigbee transceiver (2.5 GHz) for the home area network. At the time of this writing, I know of no implementation of this feature.

There are two parts to this report (plus a conclusion on p. 11).

Part one looks inside the smart meter, identifying the parts associated with the emissions.

Part two documents measurements of the switch mode power supply and discusses the privacy issue.

<SNIP>

Conclusion

This paper intends to demystify some components of the Landis + Gyr Focus AXR-SD. This meter and other smart meters have triggered electrical sensitivity in people who did not know it had been introduced into their environment. It is presented with the belief that good technical information is essential to countering the rush into a poorly conceived 'upgrade' to a smart grid. That our electrical infrastructure needs upgrading is not in question. However, layering high-tech components on top of aging much lower tech components while largely ignoring the issue of electrical sensitivity even as the evidence is coming in that smart meters are aggravating the problem is not in the public interest.

This paper presents evidence based on manufacturer specifications and field measurement that the switching frequency of a Landis + Gyr smart meter SMPS is about 130 kHz. Further, that this creates a harmonic-rich signal that is readily induced in the hot legs of a 100-amp residential service entrance. Evidence from field measurement is also presented showing that this harmonic-rich switching frequency is radiated from the meter. Studies are coming out that show these frequencies, sometimes called intermediate frequencies, from common devices can do biological harm, especially if there is direct contact between one's body and the device.

This paper also shows the current wave forms of two switching power supplies. We see harmonic distortion indicating a low power factor and a spectrum analysis of this harmonic distortion. The paper explains how these images can be used for product identification. Power factor correction of a SMPS will change any such signature and quite possibly reduce the likelihood of making a positive identification of the associated device. Power factor correction has no effect on the switching frequency or its harmonics.

The full report is available at <http://bit.ly/1HAhIDg>.

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For more information about smart meters see "Health Experts Caution About Smart Meters" (<http://bit.ly/smartmeterrisk>) .

--

Joel M. Moskowitz, Ph.D., Director
Center for Family and Community Health
School of Public Health
University of California, Berkeley

Electromagnetic Radiation Safety

Website: <http://www.saferemr.com>
Facebook: <http://www.facebook.com/SaferEMR>
News Releases: <http://pressroom.prlog.org/jmm716/>
Twitter: @berkeleyprc

From: Gary Vesperman <garyvesperman@yahoo.com>
To: Scott Hansen
Sent: Wednesday, November 2, 2016
Subject: Fw: [savelandlines] Fwd: [EMFhousing] EMF Harm Agenda-11-3-

From: Sandy <savelandlines@groups.electricembers.net>
To: savelandlines@groups.electricembers.net
Sent: Wednesday, November 2, 2016
Subject: [savelandlines] Fwd: [EMFhousing] EMF Harm Agenda-11-3-

Agenda 11-3-16- Guests Steve Martinot, Steve Romaine, NY Attorney Laura Miranda, and others will discuss pending legal cases with Smart Meters. Those fighting for their rights, who have been navigating the legal system, will offer advice and assistance. We need to reverse the immovable legal systems' stubborn resistance to accept the dangers of Smart Meters, and find ways for Legislators to help reduce the exposure.

Steve Romaine needs expert witnesses for his pending NY State Supreme Court law case. They will be hearing his lawsuit against the utility who cut off his power for the past 3 ½ years because they refused a transmitting digital meter on their home, actually taking it off and replacing it with a reo-manufactured analog meter they bought online at;
Freedomtaker.com. (See; <http://stopsmartmeterwoodstockny.com/about-us.html>)

Steve Martinot, has been involved in a drag-out fight with the PUC in California. His legal arguments might be of use to those in other parts of the country. He will send his pdf file to those who are interested. See:
<http://tinyurl.com/gwdt5yr>

Laura Miranda's law firm is dedicated to Fight for Justice and Preserve your Rights with Integrity and Determination. Laura graduated from Cornell Law School, J.D. '89, and Cornell U., School of Arts & Sciences, AB '86. She quotes Martin Luther King on her website: "We must learn to live together as brothers or we will perish together as fools."

Ms. Miranda has conducted over 70 criminal trials during her 18 years of experience as a defense attorney. She is admitted to practice in New York State; Federal Court, Eastern & Southern District, Court of Appeals, 1st, 2nd, & 3rd Circuit. Her law firm website is www.lawmiranda.com Ms. Miranda has also been interviewed by Lawyers Business Insider and Skyradio. As a top criminal defense attorney, she is available for a consultation at 917.696.7933 or laura.miranda@lawmiranda.com

We have asked Mr. Ed Friedman to come on the call and offer his assistance.

To get a call-in number and join the conference:

<http://myaccount.maestroconference.com/conference/register/1O5FRTH74C80UGB>

Posted by: EMF <emf_harm@yahoo.com>

From: Gary Vesperman <garyvesperman@yahoo.com>
To: "gbg-conservation@toiyabe.sierraclub.org" <gbg-conservation@toiyabe.sierraclub.org>
Sent: Thursday, November 3, 2016
Subject: Smart meters are part of violent environmental and medical assault by wireless radiation

Hello,

Yesterday's Las Vegas Sun had a guest column by Thomas Kaplan and Anne Macquarie re the Energy Choice Initiative.

Their advocacy for the use of smart meters reflects profound ignorance of the immense hazards from wireless radiation.

See the attached pdf file. My websites padrak.com/vesperman and commutefaster.com/vesperman.html link to three compilations of EMF hazards I wrote this summer which total 600 pages. The websites also link to 35 authoritative reports.

The report linked at <http://wi-cancer.info/home.aspx> is the best case I have seen made for stopping the immense environmental damage from wireless radiation.

You Sierra Club members need to educate yourselves fast on the hazards of wireless radiation.

Gary Vesperman
588 Lake Huron Lane
Boulder City, NV 89005-1018
702-435-7947

EMF-Omega-News 24. September 2016

From: "BI-CI Omega star.mail@online.de [emfrefugee]" <emfrefugee@yahoogroups.com>
Sent: Friday, September 23, 2016
Subject: [emfrefugee] EMF-Omega-News 24. September 2016

Dear Sir, Madam, Ladies and gentlemen, dear friends,

For your information.

Best regards,
Klaus Rudolph
Citizens' Initiative Omega
Sometimes the links are missing. You can always find them here: <http://www.buergerwelle.de/en/>
<http://www.buergerwelle.de/en/news/newsletter/>
<http://www.mastsanity.org/health-52.html>
<http://electromagnetichealth.org/category/electromagnetic-health-blog/>

Manmade electromagnetic radiation can cause incredible responses
<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7589/>

Cancer rate in young people up 40 per cent in 16 years
<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7585/>

How digital devices are building anxiety in our kids
<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7586/>

Radiofrequency radiation injures trees around mobile phone base stations
<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7587/>

Proposed Mobile Phone Mast
<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7588/>

News from Mast Sanity
<http://tinyurl.com/2vhcbl6>
<http://tinyurl.com/aotw3>

Our links:

<http://tinyurl.com/yjpu7wg>
<http://tinyurl.com/93epp>
<http://tinyurl.com/9w2sx>
<http://tinyurl.com/aotw3>
<http://tinyurl.com/oya9t>
<http://tinyurl.com/jyemw>
<http://groups.yahoo.com/group/EMR-EMF/>
<http://groups.yahoo.com/group/emf-omega-news/>

Note: Editor and responsible for the content: Citizens' Initiative Omega. Our messages are the result of many hours of daily research, roundup and editing.

If you have information which you would like to share with your friends and colleges around the world and which are from common interest, please send us this information, we will send them out.

Disclaimer:

The information in our EMF-Omega-News are derived from sources, which we believe to be accurate, but this cannot be guaranteed.

We are not responsible for any errors or omissions and disclaims any liability incurred as a consequence of any of the contents of this resources.

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If you need to have translated our message in your language please go to: <http://www.freetranslation.com/>. This is a free translation service.

Words of Wisdom

"Act as if the principle by which you act were about to be turned into a universal law of nature". --Immanuel Kant

"You may never know what results come from your action. But if you do nothing, there will be no results." --Gandhi

"The arc of history is long, but it bends towards justice." --Martin Luther King, Jr.

"Our lives begin to end the day we become silent about things that matter." --Martin Luther King, Jr.

"Your silence will not protect you." --Audre Lorde

"A time comes when silence is betrayal." --Martin Luther King

"Liberty cannot be preserved without general knowledge among people." --John Adams

"The world shrinks or expands in proportion to one's courage." --Anais Nin

"Remaining silent about the destruction of nature is an endorsement of that destruction."
--Redwood Mary (a.k.a. Mary Rose)

That which is looked upon by one generation as the apex of human knowledge is often considered an absurdity by the next, and that which is regarded as a superstition in one century may form the basis of science for the following one. --Paracelsus

"How could I imagine how lost in the open field I was." --Neal Lindley

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." --Margaret Mead

" If one advances confidently in the direction of their dreams,
And endeavors to lead a life which they have imagined,
They will meet with a success unexpected in common hours."
--Henry David Thoreau

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." –Buddha

Motivation is not a problem for anyone who accepts the extraordinary truth contained in Yeshe Aro's ancient prescription for happiness: "On this depends my liberation: to assist others – nothing else."

"Where do the wars and where do the conflicts among you come from?
Is it not from your passions that make war within your members?
You covet but do not possess.
You kill and envy but you cannot obtain; you fight and wage war.
You do not possess because you do not ask.
You ask but do not receive, because you ask wrongly, to spend it on your passions."
James 4: 1-3 (James is the brother of Jesus, who became a leader in the early church)

Shocking facts about the health dangers of Wi-Fi

By Vision Reporter

Added 1st November 2016

Research has found exposure to Wi-Fi frequencies reduce sperm movement and cause DNA fragmentation

Wi-Fi is convenient, but many have raised doubts concerning the safety of unseen forces that permeate everything around us. Since the introduction of Wi-Fi in 1997, researchers have performed dozens of studies to explore the subject. The results are clear and shocking – Wi-Fi can negatively affect overall health and brain health, especially in children.

Perhaps most shocking is that this information is not new or even that controversial. In fact, in 2008 the well-renowned publication Scientific American ran a piece called "Mind Control by Cell Phone" which explained the danger Wi-Fi has on the human brain.

Contributes to the development of insomnia

Have you ever felt more awake after using Wi-Fi or even struggled to sleep through the night? Reports of these phenomena have been frequent and even prompted a study in 2007 that evaluated low-frequency modulation from cell phones and its impact on sleep. Participants were exposed to the electromagnetic signals from real phones or no signal from fake phones. Those exposed to the electromagnetic radiation had a significantly more difficult time falling asleep and changes in brainwave patterns were observed.

Damaging to childhood development

Exposure to non-thermal radio frequency radiation from Wi-Fi and cellular phones can disrupt normal cellular development, especially fetal development. A 2004 animal study linked exposure to delayed kidney development. These findings were supported by a 2009 Austrian study. In fact, the disruption of protein synthesis is so severe that authors specifically noted, "This cell property is especially pronounced in growing tissues, that is, in children and youth. Consequently, these population groups would be more susceptible than average to the described effects." In short, bathing the developmentally young in Wi-Fi increases their risk of developmental issues.

Affects cell growth

When a group of Danish ninth graders experienced difficulty concentrating after sleeping with their cell phones by their head, they performed an experiment to test the effect of wireless Wi-Fi routers on garden cress. One set of plants was grown in a room free of wireless radiation; the other group grew next to two routers that released the same amount of radiation as a cell phone. The results?

The plants nearest the radiation didn't grow.

Derails brain function

Just as the Danish high schoolers noticed problems with concentration, scientists have begun to look at the impact of 4G radiation on brain function. Using MRI technology, research performed just last year found that persons exposed to 4G radiation had several areas of reduced brain activity.

Reduces brain activity in females

A group of 30 healthy volunteers, 15 men and 15 women, were given a simple memory test. First, the entire group was tested without any exposure to Wi-Fi radiation – no problem. Then, they were exposed to 2.4 GHz Wi-Fi from a wireless access point for about 45 minutes. During that portion of the testing, brain activity was measured and the women had a noticeable change in brain activity and energy levels. Sorry ladies! But guys, don't get too comfortable.

Neutralizes sperm

...Because we've known for a long time that the heat generated by laptops kills sperm. Well, now it turns out that heat isn't the only threat to a man's virility. Research has found exposure to Wi-Fi frequencies reduce sperm movement and cause DNA fragmentation. Both human and animal testing has confirmed that exposure negatively affects sperm.

May impact fertility

And, it's not just sperm. The results of an animal study suggest that some wireless frequencies may prevent egg implantation. During the study, mice exposed 2 hours a day for 45 days had significantly increased oxidative stress levels. The cellular damage and impact on DNA structure from exposure suggest a strong possibility of abnormal pregnancy or failure of the egg to implant.

Provokes cardiac stress

If you think your heart races when surrounded by wireless networks or 3G or LTE cell phones, it may not be in your head. A study involving 69 subjects reported that many of them experienced a real physical response to electromagnetic frequencies. Exactly what was the physical response? Increased heart rate – similar to the heart rate of an individual under stress.

Linked to cancer?

This is extremely controversial, but we can't ignore that plenty of animal models indicate that exposure to electromagnetic radiation increases the risk of tumor development. While human studies are rare, reports and case studies abound. One such case involves a young 21-year-old woman who developed breast cancer.

What makes this case unique was that her family did not have a predisposition to breast cancer... and she developed the tumor right on the spot she carried her cell phone in her bra.

Source: http://www.newvision.co.ug/new_vision/news/1439064/shocking-about-health-dangers-wi

Does Wi-Fi cause cancer?

Wi-Fi and gadgets became the main part of our life. But such friends aren't safe for our health and for the environment. It is proved that Wi-Fi causes cancer cells. To learn more about it, read the article below.

The application of Wi-Fi leads to cancer – study

Scientists will continue research to come to a consensus about how dangerous new-fangled gadgets for each of us are.

With the development of modern technology, experts are increasingly asking the question how this new development is safe for humans. So recent studies have shown that mobile gadgets and the frequent use of Wi-Fi appear negatively on the human condition. Namely, it violates the metabolic processes of the body, and causes the development of cancer cells in a healthy person, according to scientists from American universities.

Excepting the possibility of negative impact on human new gadgets, mobile devices the whole external environment also suffer. For example, scientists have proved that under the influence of weather conditions, namely cell towers, which emit electromagnetic radiation, the bark begins to slip from the trees.

Also, the radiation that emanates from the radiation dosage for Wi-Fi and smartphones becomes a cause of neurodegenerative diseases and formation of cancer cells. Also the fact that electromagnetic radiation appears irritation in your skin and headaches, fatigue is not new. And there is a devastating effect, as brought experts thus Wi-Fi routers and smartphones send radiation, which creates a reaction in the body that generates reactive oxygen. After that living cells begin to oxidize, and that creates the risk of formation of malignant tumors. What are the problems and diseases arise from the use of mobile phones, the Internet resources?

Frequent use of mobile phone and laptop can cause infertility, especially in men. Radiation by electromagnetic rays from mobile phones to people begins to break down the activity of the brain (proven by scientists of the National Institute of Health). Any mobile communications raise dangerous dependence of a person (shown by studies conducted in US universities). Impaired immune, cardiovascular and endocrine systems of the human body, sleep. The use of mobile affects the sensitivity and concentration and improves the sensitivity to EMF.

The symptoms that most often occur in people with increased hypersensitivity: damage of the nervous system (tension); skin rashes; body (sore muscles); eye (fatigue, conjunctivitis). Scientists will continue research to come to a consensus about how dangerous new-fangled gadgets for each of us and the planet as a whole are.

Source: <https://ask.naij.com/interesting-facts/does-wifi-cause-cancer-i26940.html>

1 tower per 12 homes! 5G Applications Already! Obama spending \$400 million to fund 5G tests in 4 cities

From: Angela T.

Sent: Thursday, September 29, 2016

Subject: 1 tower per 12 homes! 5G Applications Already! Obama spending \$400 million to fund 5G tests in 4 cities

5G signal will be more complex than 4G and Wi-Fi because of its faster speeds (up to 200X faster than 4G) and the higher information content of the signal. It will be used for virtual reality, self-driving cars, smart networking all household appliances, microchip communication with your "pill bottles and plant waters" (per FCC Chairman Tom Wheeler) <http://fortune.com/2016/09/20/t-mobile-5g-vr-rock-concert/> 5G is being called "super Wi-Fi".

While all this technology is dazzling, there has been NO consideration given to health effects by the FCC or the Obama administration, which has decided to spend \$400 million (your tax money!) to fund large-scale tests in 4 cities. <http://fortune.com/2016/07/15/obama-wireless-5g/>

These 4 cities will be decided by open competition and testing will begin in 2017
<https://www.whitehouse.gov/the-press-office/2016/07/15/fact-sheet-administration-announces-advanced-wireless-research>

Shouldn't our government spend some money to test health effects of 5G before deployment?

If you have experienced skin problems with Wi-Fi or 4G, it will likely worsen with 5G because it's likely to affect our skin and neuronal cells in the upper layer of the skin.
<http://www.saferemr.com/2016/08/is-5g-cellular-technology-harmful-to.html>

So if you have never noticed symptoms before from Wi-Fi or 4G, you might experience them with 5G.

Verizon is planning 5G rollout in 2017.
<https://insidetowers.com/cell-tower-news-verizon-plans-early-5g-launch-2017/>

Mark Lowenstein, Vice-President of Strategy at Verizon Wireless, quoted studies stating that the current approach for 5G wireless internet will require one 30-foot tower for every twelve homes.
<http://www.recode.net/2016/7/2/5/12266072/5g-wireless-broadband-spectrum-reality-check-fcc-internet-of-things>

(If your community does not have any power lines or light poles, 5G implementation will require that new light poles be installed.)

Cities are receiving applications for 5G already (they may not be called 5G, but called small cell DAS sites)

Below are 2 pictures for 5G tower proposals that have been received in some cities in Maryland (slide 6).

They are from this PowerPoint
https://docs.google.com/presentation/d/1AIuFrpBNIKrkAXFNwGO-b5r2ZL_RM-y2VHGCAmHEE5s/edit#slide=id.g1369c84175_5_20,
which was prepared by citizens in Montgomery County, Maryland for their county government. (From Theodora Scarato)

The citizens in this county are being proactive by working with their local government NOW regarding changes to their wireless ordinance to protect the county.

In sum they are asking for

- 1) protecting aesthetics of the community and determining locations of new poles, as has been done successfully in Calabasas, Spokane, San Francisco, Palos Verdes (see slide 20 – very important)
- 2) notification of all residents within 1000ft of any installations in the public right of way
- 3) moratorium on new poles until the changes to wireless ordinance are completed

Add. Info From Slide 4:

LightTowers would be:

Part of a Distributed Area System (DAS), meaning they would work together to provide coverage

25-33 feet tall, >8-inch diameter steel poles bearing 300+ pound antennas each

Placed in Right-of-Ways in neighborhoods with no above-ground utilities

Permitted in yards of residential homes

Located approximately 300 yards apart throughout neighborhoods

Permitted to be modified (enlarged) once installed

Approximately 700 towers have already been proposed for Gaithersburg, Germantown, and North Potomac neighborhoods.

Look what happened to this home (slide 24):

A 25-ft light pole was replaced with a huge 65-foot pole – residents were surprised when this happened

Actions to Take NOW

Since some cities have started receiving applications, and if you are concerned about having a 30ft tower per every 12 homes in your neighborhood

I would recommend that you take the following actions IMMEDIATELY:

- 1) Contact your city planning dept. to find out if they have received applications yet for small DAS cell sites (the applications won't say 5G) or any new cell towers.
- 2) Look up your city's wireless ordinance (obtain from your city planning department) and find out your city's code specifies regarding height, aesthetics, etc.
- 3) Meet with your city council and planning department to discuss changes to your city's wireless ordinance based on aesthetics as per above (1996 TCA forbids siting decisions based on health concerns)
- 4) Meet with your Senators and Congressman to discuss this 5G rollout – how no health studies have been done, but FCC decided to roll out anyway despite government NTP study released in May 2016 that showed a statistically significant increase in brain and heart cancer in rats exposed to cell phone radiation. Congress can overrule the FCC, because the FCC is a regulatory body created by Congress. This will only work if a LOT of people meet with their Congressman.

5) Publicize to your neighborhood about what is coming with 5G – happening next year, one 30ft tower per 12 homes, 300yd apart.

Your neighbors may not know these are small cell towers because they will be made to look like tall light poles – they have a right to know.

One way would be to post on nextdoor.com to reach a lot of people in your neighborhood. Inform them of other negatives besides potential health effects. However, be prepared for negative comments because most people have not heard about health effects from cell phone radiation, they love their phones and don't want to believe there could be health effects.

6) Publicize and increase awareness in your community about potential health effects, especially that no studies by our government have been done on 5G!

7) NOW is the time to start forming community groups if you haven't already and meet with your city government and Congressional representatives regarding 5G.

Find your House representative here <http://www.house.gov/representatives/find/>

Find your 2 Senators here http://www.senate.gov/general/contact_information/senators_cfm.cfm?State=IL
5G is happening next year, so action must be taken NOW.

5G will be very intrusive, and your political representatives need to know how you feel about this.

8) Submit comments on 5G if you haven't already. Deadline tomorrow Friday Sep. 30. See instructions below.

----- Forwarded message -----

From Catherine at electricalpollution.com:

Please submit your comment to the 5G wireless dockets by September 30, 2016. It is very important that a lot of people do this even if the comment is short.

Please include a brief summary of your personal experience and why increased wireless radiation will be detrimental to you. Please upload your favorite papers to support your comment if you have them. The FCC will not necessarily visit links so attach as many of them as your time and connection will allow. Below is some suggested wording for asking that a NEPA review and EIS (environmental impact statement). Some links to supporting papers are also included. Please attach copies. Don't just use the links.

Thank you.

Catherine

Follow These Instructions to Make Comments (from Kevin Mottus):

1. Click on this link <http://fjallfoss.fcc.gov/ecf/s2/>.
2. Click on "Submit a Filing" Tab at the top of the page.
3. Click on "Express a Comment" (on top of the page) to just make a comment or "Standard Filing" to attach documents (one of which can be your comment).
4. You can make one comment for all five docket numbers at once. Simply type in or Copy and Paste each of these Docket numbers one at a time into the "Proceedings" Field and make sure they are accurately displayed in the window: 14-177, 15-256, RM-11664, 10-112, 97-95
5. Fill out all required fields and click "Enter" or "Return" before you go to the next field.

6. Once all fields are filled out – click continue screen.
7. Review and submit.
8. Make sure you write down your confirmation # so that you can check on your submission.

Implementation of 5G is a major Federal action significantly affecting the quality of human environment; as such, a NEPA review is triggered. The potential environmental and human health hazards from 5G necessitates a comprehensive NEPA review [Env'tl. Def. Fund v. Tenn. Valley Auth., 468 F.2d 1164, 1174 (6th Cir. 1972)] and, specifically, a formal Environmental Impact Statement (EIS). The EIS should include a full review of environmental effects, as well as human health and safety. The FCC has an obligation to evaluate whether “services or capabilities are essential to public health, safety, or in the public interest” (H.R. Report No. 104-204, p. 94) and so must protect the public from possible harm caused by radiofrequency radiation.

The FCC is not entitled to essentially disregard comments that do not provide global cost-benefit analysis (Scenic Hudson v. Federal Power Commission). The Commission has an affirmative duty to inquire into and consider all relevant facts. The FCC must use government resources to perform the relevant analysis. The FCC should request the EPA use its National Risk Management Research Laboratory resources and experts to conduct all cost analyses necessary.

This proposal also triggers the need for a Memoranda of Understanding (MOU) with U.S. Fish and Wildlife Service under Executive Order 13186 concerning effects on migratory birds.

Environmental Impacts

U.S. Department of Interior States: Current Radiation Standards Inapplicable

On February 7, 2014, the U.S. Department of Interior (DOI) stated, “the electromagnetic radiation standards used by the Federal Communications Commission (FCC) continue to be based on thermal heating, a criterion now nearly 30 years out of date and inapplicable today,” in reference to the current limits governing radiation utilized by Wi-Fi. The DOI letter discusses a number of studies in which birds appear harmed by low-level RF radiation associated with cell towers and other wireless technologies (http://www.ntia.doc.gov/files/ntia/us_doi_comments.pdf). **Furthermore, DOI required FirstNet to undergo a comprehensive NEPA review and planning program. Implementation of 5G which will have similar widespread impacts must do so as well.**

RF radiation kills and damages trees

Trees are being killed and damaged across the U.S. and world-wide even without full-scale implementation of 5G. RF radiation is being implicated as the cause. Several studies show the very serious effects that RF radiation has on the health of trees. Trees are essential to the welfare of the global environment and the continuation of the human race. Decimation of the Amazon rainforest by direct human actions has been oft-cited as endangering the global environment. The FCC should not be moving forward with implementing a technology – 5G wireless technology – that will hasten the RF-caused death of our urban and rural forests. Please read the following papers to see the toll RF is already taking on trees. We cannot afford additional forest die-off. Large mature trees are being seriously damaged and killed, this damage will take 50 years or more to repair.

- Radiofrequency radiation injures trees around mobile phone base stations
https://www.researchgate.net/publication/306435017_Radiofrequency_radiation_injures_trees_around_mobile_phone_base_stations
- Adverse Influence of Radio Frequency Background on Trembling Aspen Seedlings: Preliminary Observations <https://www.hindawi.com/journals/ijfr/2010/836278/>

- Tree damage in the vicinity of mobile phone base stations
<http://kompetenzinitiative.net/KIT/wp-content/uploads/2016/06/Tree-damages-in-the-vicinity-of-mobile-phone-base-stations.pdf>
- The trees make it easy to recognize the effects of RF-EMF. Examples of tree damage:
<http://kompetenzinitiative.net/KIT/wp-content/uploads/2016/09/Trees-in-Bamberg-and-Hallstadt-Documentation-2006-2016.pdf>

RF radiation kills and impairs reproduction of wildlife

A parade of studies continue to be published implicating wireless technology in the demise of frogs, bats, and honey bees, the threatened extinction of the house sparrow, and damage to the DNA of the human species. It is vital to the continuation of life that large parts of Earth are spared the incessant radiation that accompanies wireless technologies.

- “The Report on Possible Impacts of Communication Towers on Wildlife Including Birds and Bees” commissioned on 30th August 2010 by the Ministry of Environment and Forest, Government of India
http://www.moef.nic.in/downloads/public-information/final_mobile_towers_report.pdf
- “Impacts of radio-frequency electromagnetic field (RF-EMF) from cell phone towers and wireless devices on biosystem and ecosystem – a review,”
http://www.biolmedonline.com/Articles/Vol4_4_2012/Vol4_4_202-216_BM-8.pdf
- Balmori, A. “Electromagnetic pollution from phone masts. Effects on wildlife,” Pathophysiology (2009), doi:10.1016/j.pathophys.2009.01.007
<http://www.ncbi.nlm.nih.gov/pubmed/19264463>
- October 31, 2014 presentation to the Manitoba Entomological Society, reviewing 91 studies on the effects of RF/MW radiation on honey bees, insects, birds, etc:
https://groups.google.com/forum/#!topic/mobilfunk_newsletter/0RUPGTI4qQY

Protecting my health and that of others by using a hardwired computer in a low RF environment. For more information, see www.electricalpollution.com

Do Cell Phone and Wi-fi Fields Harm Our Bodies?

Studies suggest common forms of household radiation deserve more attention

By Conan Milner, Epoch Times |

October 7, 2016

Last Updated: November 3, 2016

Life requires energy. This isn’t something mystical; it’s biology. Electric impulses flow through our nerves, cells, and muscles – basically every cell and system in the human body carries a charge. This energy helps our bodies move and function.

But our energy environment isn’t what it used to be. Over the last few decades, more energy fields have pervaded our world. Some come from power lines, others are emitted from cellphone towers in the form of 2G, 3G, and 4G networks. Still others emanate from Wi-Fi hotspots and the high-frequency WiMax.

These energy fields are generated for operating our devices and technology, but in combination they may be affecting our bodies in a negative way. Some research suggests that the fields collectively known as electromagnetic radiation (EMR) or electromagnetic fields (EMF) interfere with our body's natural processes – even damaging our DNA.

Not everything is known yet about this subject; but what is clear is that the existing public safety standards limiting these radiation levels in nearly every country of the world look to be thousands of times too lenient.

— Authors of the BioInitiative Report

In 2007 (and again in 2012), a group of scientists and public health experts released a report suggesting people reconsider our relationship with these energy fields. Known as the BioInitiative Report, its aim is to assess scientific evidence on how EMFs impact our health.

The conclusion is that we need to drastically reduce our EMF exposure.

“Not everything is known yet about this subject; but what is clear is that the existing public safety standards limiting these radiation levels in nearly every country of the world look to be thousands of times too lenient,” states the report. “Changes are needed.”

Meanwhile, other scientists insist that these energy fields cause no harm to humans. The BioInitiative Report is widely criticized by industries around the world because it only considers science that supports its own position and doesn't acknowledge research that suggests that EMFs are safe.

The World Health Organization (WHO) has been investigating the research on both sides. In 2011, the WHO's International Association for Research on Cancer (IARC) classified EMF radiation above the radio frequency range (RF-EMF) as a Class 2B carcinogen, which means it may cause cancer, but further research is necessary. This is due to evidence that links long-term wireless exposure to brain cancer.

However, recent research prompted some IARC panelists to take a stronger stance.

“RF-EMF should be regarded as a human carcinogen requiring urgent revision of current exposure guidelines,” stated IARC scientist and Swedish oncologist Dr. Lennart Hardell in a 2014 edition of the International Journal of Environmental Research and Public Health.

Despite growing evidence of harm caused by EMFs, U.S. public health officials have been skittish about using language that might suggest EMFs pose health risks. In 2014, the Centers for Disease Control issued a public statement urging caution with cell phone use, but retracted the statement just a few weeks later.

However, in the U.K., Belgium, Russia, France, Israel, India, and elsewhere, regulators are taking EMF exposure, particularly wireless technology, much more seriously. In these countries, warnings are made clear and young children are discouraged from using this technology.

One of the contributing authors to the BioInitiative Report is Dr. Martin Blank, a scientist, lecturer, and retired professor from the Columbia University College of Physicians and Surgeons. He has investigated the cellular and biological effects of EMFs. The New York-born Blank now lives in Victoria, Canada, and has doctorates in both physical chemistry and colloid science.

Epoch Times spoke with Blank about why there is so much controversy among scientists over the safety of EMFs, and why children are most at risk.

Epoch Times: There are many frequencies in our environment today: cellular technology and Wi-Fi, on top of the energy that comes into our house through power lines. I'm tempted to call all of it electromagnetic radiation. Is that correct?

Dr. Martin Blank: Technically, no. To get radiation, you really have to get the electric and magnetic fields acting together so that the electric field will cause the electrons to move, which will generate a magnetic field. They get intertwined. And it's only when this is happening so fast up at the radiofrequency range that you can get the true blending.

The differences get smoothed out when you get to the radiofrequency range and higher. For example, the new 5G that's coming out, that's in the radiofrequency range. The 4G is radiofrequency. The 2G is electromagnetic.

Epoch Times: Some scientists insist that these energy fields are at too low a frequency to affect our bodies in any negative way. What do you think?

Dr. Blank: I've had this discussion many, many years ago with physicists who say this can't do anything if it's below thermal level. The answer is no. These effects occur at very low levels. They occur down at the ELF range (60 hertz).

Some of the things I studied were the basic enzymatic actions that cause ion movement in cells.

A very basic enzyme has a threshold level of 3 milligauss or 4 milligauss (a unit to measure magnetic fields). When people talk about radiofrequency stuff, this is thousands of times higher energy. There's no question that even very minute forces can have an effect on a biological system.

Epoch Times: What does the science say in terms of the impact these frequencies have on our health?

Dr. Blank: This is a complex thing, but we studied a few enzymes and they are all affected. If you're a lone electron sitting in the middle of nowhere and there's a field nearby, you're going to respond to those fields at relatively low levels.

For a system, you need a slightly stronger force to be able to cause a change in it. But we get changes in the functioning of cells with relatively small fields. That's been shown.

When you go higher than the normal range you can get damage. In 1995, Henry Lai published a paper showing that if you took DNA and subjected it to radiation, 60-hertz stuff, you got fragments coming off. You were breaking off parts of the molecule. There was a lot of controversy about this, and forces against this finding.

This is damage that is not repairable. When you break a piece of DNA, you've broken the code. It's not like when you get a cut and the skin heals. If you damage the DNA, that's called a mutation, and you affect the function of a cell. So depending on where the damage has occurred, you can cause a lot of problems.

Epoch Times: How is this bad? What purpose does DNA serve in our body?

Dr. Blank: When I learned about DNA in high school, I was taught that this was hereditary stuff.

But when I learned biology at the university level, they taught that DNA does everything all the time. It has the whole code in it. You need the DNA to keep the system going. It's telling the body which proteins to make and which systems to turn on. It's upgrading all the time, and if you cause damage in that thing, you're causing a lot of problems in the cell.

Often cells can't survive this DNA damage, but the body has a lot of resilience. You can cause damage to DNA, and some other part will take over and get it to function. This is why our species survives.

Epoch Times: Are these fields more harmful to children?

Dr. Blank: There is no question in my mind that children are far more vulnerable. This is accepted by people who understand how this radiation works, and understand the difference between children and adults.

The child will get more penetration as a result of the same kind of exposure.

Biologically, when we compare an adult and a child, the child has a thinner cranium bone and the nerves in their brain are not as fully myelinated. This means the child will get more penetration as a result of the same kind of exposure. And of course a child is still growing, so whatever damage is done is going to propagate.

Epoch Times: I've read that other countries are taking this more seriously.

Dr. Blank: Yes. France, for example. They made it a big thing when the National Library in Paris rejected the use of the Wi-Fi system.

Epoch Times: Are there any precautions that you personally take to limit your own exposure?

Dr. Blank: I do own a cellphone, but I only use it when I go to the States, and I only use it if I have to. I don't have Wi-Fi. You need a certain amount of this technology in order to do certain things, but I try to live without it.

Some of these things you can opt out of, but I think it's going to become harder and harder to avoid this kind of thing as they put up more and more of these antennas around neighborhoods.

As a civilization, we believe that progress is good and that we should buy into it. But sometimes new things aren't always to our benefit.

Read More

Warning to All Cell Phone Users

<http://www.theepochtimes.com/n3/1368799-new-urgent-warning-to-all-cell-phone-users/>

5 Tips to Digitally Detox

<http://www.theepochtimes.com/n3/1973435-5-tips-to-digitally-detox/>

What Cellphone and Tobacco Research Have in Common

<http://www.theepochtimes.com/n3/1353535-what-cell-phone-and-tobacco-research-have-in-common/>

The Science Is Conclusive: Mobile Phones Cause Cancer

<http://www.theepochtimes.com/n3/1164338-the-science-is-conclusive-mobile-phones-cause-cancer/>

Have You Ever Wondered How Wi-Fi Works on Planes? (Video)

<http://www.theepochtimes.com/n3/1018231-have-you-ever-wondered-how-wifi-works-on-planes-video/>

Wi-Fi Kills Plants, Could Harm Kids—But Can Be Harnessed for Energy

<http://www.theepochtimes.com/n3/356334-wi-fi-kills-plants-could-harm-kids-but-can-be-harnessed-for-energy/>

The World's First Free Roaming 4G Pocket Wifi Now Available

<http://www.theepochtimes.com/n3/1879613-the-worlds-first-free-roaming-4g-pocket-wifi-now-available/>

EMFs: A Hidden Danger of Air Travel

<http://www.theepochtimes.com/n3/925606-emfs-a-hidden-danger-of-air-travel/>

Answers have been edited for clarity and brevity.

Source: <http://www.theepochtimes.com/n3/2155494-do-cell-phones-and-wi-fi-fields-harm-our-body/>

Why men should NEVER put their phone in their pocket: Study shows how prolonged exposure to radiation steadily destroys sperm

- New review of 21 studies found link between phones and sperm count
- Public health officials are hesitant to say phones *definitely* harm sperm – there is currently no way to prove exactly how radiation and sperm count are tied
- But experts warn this review provides compelling enough evidence that men should not keep their cell phones in their pockets

By Mia De Graaf For Dailymail.com 9 September 2016

Despite all the fears about cell phones and radiation, most of us still put our phones in our jean pockets.

It's easy, convenient, and any bad effects are impossible to see.

But a new study warns there is conclusive evidence that men in particular need to find another storage spot.

A systemic review of 21 research papers on radiation shows phones placed close to a man's genitals for a prolonged period of time steadily drive down sperm count.

And among the studies, many suggest surviving sperm could be DNA-damaged.

The biological phenomenon is currently under fierce debate since scientists have no way to explain how non-ionizing radiation influences the body.

Without that link, many public health investigators are hesitant to say definitively that cell phones harm sperm.

However, a new review by a team at Australia's University of Newcastle has collated years of evidence in an attempt to both emphasize the trend, and to identify potential causes.

And since 14 per cent of the world struggle to conceive – with male infertility involved 40 per cent of the time – they warn a small detail such as where one stores their phone could be crucial.

'While this subject remains a topic of active debate, this review has considered the growing body of evidence suggesting a possible role for RF-EMR [radio-frequency electromagnetic radiation] induced damage of the male germ line,' the authors write.

'In a majority of studies, this damage has been characterized by loss of sperm motility and viability as well as the induction of ROS generation and DNA damage.'

The authors reviewed 27 studies. Twenty-one of them showed a causal link between cell phone radiation and sperm damage.

Ten studies were examined including 1,492 human sperm samples.

Exposure to mobile phones was found to be associated with a significant eight per cent reduction in sperm motility and nine per cent reduction in sperm viability.

The data are hardly surprising, the authors say, given the 'unique vulnerability of the highly specialized sperm cell'.

The effects on sperm concentration were more equivocal.

The results were consistent across experimental laboratory studies and correlational observational studies.

The data are hardly surprising, the authors say, given the 'unique vulnerability of the highly specialized sperm cell'.

But by continuing to store phones in pockets, the male population is ignoring 'the future health burden that may be created if conception proceeds with defective, DNA-damaged spermatozoa'.

Dr. Joel Moskowitz, of UC Berkeley's public health school, explained to Daily Mail Online that this review is a pivotal step towards broader global understanding about the dangers of our phones.

In 2011, the World Health Organization classified cell phone radiation as a possible 2B carcinogen.

It was the first major recognition that cell phones could have a detrimental effect on our bodies.

However, while studies have shown a correlation between sperm count depletion and cell phone radiation, there is a lack of research and concrete findings into the link between the two.

Regardless, Dr. Moskowitz warned, the University of Newcastle review is clear evidence that “men should not store their cellphones near their genitals”.

“In this line of research more intense cellphone radiation leads to more sperm damage.” he added.

Source: <http://www.dailymail.co.uk/health/article-3781953/Why-men-NEVER-phone-pocket-Study-shows-prolonged-exposure-radiation-steadily-destroys-sperm.html>

Review Of 21 Studies Concludes Phone Radiation Kills Sperm

Trending News: Why You Might Want To Stop Putting Your Phone In Your Front Pocket

Joel Balsam

September 11, 2016

Why Is This Important?

Because everyone keeps their phones in their front pockets – but they should probably stop.

Long Story Short

A review of 21 studies found that radiation remains a risk to destroying men's sperm count. The researchers suggest that men need to stop carrying their smartphone in their front pocket.

Long Story

Wake up, shower, eat, stuff your keys, wallet in your pockets and jump out the door. That's the morning routine for so many men, but there's one big problem – if we continue to keep our phones close to our twig and berries, we're potentially causing ourselves a major health risk down the line.

A new study out of Australia's University of Newcastle concluded that radiation can destroy male sperm count. And this wasn't just some small one-off study of 20 people that you can feel comfortable ignoring. The research was a review of 27 different studies and 21 of them found a link between radiation and smartphone use.

When studying the effectiveness of a man's semen, researchers look at the number of little guys we've got (sperm count), how well they shoot around (motility) and their viability of success in fertilizing an egg. According to this research, phone radiation causes an 8% reduction in sperm motility and 9% reduction in sperm viability. That's a lot.

"While this subject remains a topic of active debate, this review has considered the growing body of evidence suggesting a possible role for RF-EMR [radio-frequency electromagnetic radiation] induced damage of the male germ line," the authors wrote, as per The Daily Mail. "In a majority of studies, this damage has been characterized by loss of sperm motility and viability as well as the induction of ROS generation and DNA damage."

The conclusion is pretty cut and dry – don't put your phone in your front pocket all the time if you want to have the best chance at having a baby later on. But there's a problem – where the hell else are we supposed to keep it? Back pocket opens you up for pick-pockets, front shirt pocket makes you look like a dweeb, and I don't care if hipsters are doing it, but a fanny pack isn't going to happen. Plus, bumbags, as they're called in Britain, pose the same problem with being close to your balls. That leaves just one option. Joey, take it away:

Ask The Big Question

If not the front pocket, where the hell else can I keep my phone?

Disrupt Your Feed

Yeah but... it's just too convenient to stop now.

Drop This Fact

Some phones give off more radiation than others, but if you're an iPhone or Samsung user you're not at the highest risk. According to a list of phones with the highest radiation by CNET in 2014, Samsung and iPhones didn't rank in the top 20.

Source: <http://www.askmen.com/news/sports/review-of-21-studies-concludes-phone-radiation-kills-sperm.html>

keeping your smartphone in your pocket near your testicles can affect sperm count and motility, studies show

With the rise of smartphones and mobile technology, it was natural that people began to wonder what sorts of long-term effects these devices might be having on the body. Pressing a radio frequency receiver against the side of your head for hours every day seemed like it might be a bit of a risk, and most attention has focused on potential brain tumors and cancer caused by excessive cell phone use.

However, for all the gentlemen out there, a much larger problem could be brewing in your pants – but only if you tend to keep your cell phone in the pocket of your trousers.

Smartphones vs. Sperm

As we all know, smartphones do have a certain elevated temperature to them, and they're constantly receiving information and social media updates in the form of electromagnetic frequency (EMF) radiation, and that sort of energy doesn't just disappear.

It seems like common sense to keep your phone in your pocket for easy access, but it also makes sense to do a bit of research and find out what interactions are happening below your belt. A number of studies have been conducted across the world, and the results have been published in *Environment International* to the *Journal of Andrology*, and everywhere in between.

As it turns out, researchers have found conclusive evidence that cell phone proximity to male testicles can have a negative impact on a man's sperm count and motility. One of the more prestigious studies found an 8% decrease in sperm motility and an approximate 9% decrease in sperm viability. Those two words – motility and viability – may be new to some of you. Essentially, motility means the ability of the sperm to swim, which is important if fertilization of the egg is meant to happen. Viability, on the other hand, describes a man's fertility, essentially measuring the number of living vs. non-living sperm. An 8% drop in speed may not seem like a huge percentage, but when you realize that cell phones are not only slowing your sperm down, but also killing them, it may be cause for alarm.

What's Actually Happening Down There?

Cell phone radiation is nearly unavoidable in today's plugged-in world, but keeping it close to such vital organs (like the head or genitals) isn't the best idea. There are a number of restrictions and regulations on the amount of EMR that a cell phone can emit (typically below 2.0 W/kg), but that is still a measurable amount of radiation, which could be damaging DNA by increasing the amount of free radicals present in the testicles. This can lead to infertility and inviable sperm, as these studies have shown, and may increase your risks of testicular cancer, although conclusive research for that prediction is still ongoing.

Too Close for Comfort

Furthermore, when you keep a cell phone in your pocket, pressed against your skin, it tends to raise the base skin temperature by more than 2 degrees Celsius. The male testicles have carefully adapted to maintain an ideal temperature for the growth and health of sperm, and this small increase in temperature next to the testicles may be enough to incapacitate or kill sperm.

Other studies have identified significant drops in sperm count, and heightened levels of oxidative stress in the testicles and changes in sperm morphology. Some of these changes were seen in lab-dish experiments where sperm were exposed to EMF radiation for one hour. A percentage of the sperm changed to an abnormal shape or lost the ability to attach to an egg – thereby making it impossible for fertilization to occur.

Sperm Morphology

None of this is good news for prospective parents who are also on-the-go tech lovers that hardly ever leave their smartphone behind.

Infertility already affects more than 10% of men 25 and over, and it is hardly a surprise that infertility rates are rising. While many people blame environmental pollutants, stress levels, changing cultural norms, and natural infertility, increasing the amount of male cell phone users by about 1.5 billion in the past decade could also have an effect on those rising numbers.

How to Keep the Swimmers Safe

The amount of time being exposed to cell phone EMF radiation was cited as a major factor, as was proximity to the ‘affected area’. The best solution for this problem would obviously be to keep your cell phone somewhere besides your belt or pocket – perhaps in a bag or a shirt pocket, on your desk at work, or even left at home entirely! Certain phone brands also emit higher levels of EMF radiation, and therefore have more of an impact on sperm production and function. Smartphones and Blackberries, for example, emit more EMF than traditional phones.

The amount of radiation absorbed by the body decreases by 15% with every millimeter of distance, so even adding a case to your smartphone, or keeping the phone in a coat pocket, could make a major difference to your sperm count, motility, and viability. Or, you could just do this.... It has become second nature to slip our phones into our pocket when we’re done using them, but for any men who are interested in fathering a child (next week, next year, next decade...), avoiding excessive ‘pocket exposure’ to EMF radiation is extremely important!

Read more at: <http://forum.facmedicine.com/threads/will-keeping-a-smartphone-in-your-pocket-affect-sperm-count.25192/>

Source: <http://www.financialwatchngr.com/2016/10/28/20469/>

The Great Smart Meter Con

The New American

Friday, 11 November 2016

The Great Smart Meter Con

Written by Rebecca Terrell

The Great Smart Meter Con

As taxpayers, utilities, and rate payers continue to pump billions into modernization of the electric power grid, controversy rages over the evolving ‘smart’ technology that makes it possible. While proponents praise it as ushering in efficient grid management and cybersecurity, others warn that the ‘smart grid’ is nothing less than a tool of the surveillance state that government uses to destroy liberty and privacy.

In the cross hairs of an attack are smart meters, digital devices that replace traditional automated utility meters at individual homes and businesses. Like their conventional cousins, smart meters measure electric power usage, and some record gas and/or water use, too. Utilities prefer them because they provide two-way

communication between the meter and main recording station. They can be read frequently, improving accuracy in recording electric power use, and they are read remotely, without utilities sending a person to document each measuring device in the network. The National Association for Amateur Radio states that smart meters also reduce costs by alerting customers to ways they can conserve energy and by allowing utilities to pinpoint times of peak demand and resolve outages and service problems more rapidly.

But the other side of the coin, opponents say, is that government can spy on and ration your energy use by means of these digital meters. During the 2015 California drought, for example, bureaucrats used them “to catch citizens consuming more than their government-approved water rations,” as Alex Newman reported for *The New American*. In what amounted to warrantless search and collection of data, Long Beach Water Department General Manager Kevin Wattier bragged, “We are using it specifically for an enforcement tool to go after those customers who we’ve gotten lots of complaints about,” and to fine them for using more than their “fair share” of water.

In 2012, the Congressional Research Service warned about the criminal potential afforded by such detailed, up-to-the-minute recording. “By observing when occupants use the most electricity, it may be possible to discern their daily schedules,” opening the door for hackers to plan robberies or worse. Newman also related that the European Data Protection Supervisor, a European Union government agency, warned that smart meters allow “massive collection of personal information ... unprecedented in the energy sector.”

Also sparking debate is that smart meters have proven to be dangerous fire hazards; due to a common hardware malfunction, the unstable devices easily explode and send homes up in flames. Newman recounted that the problem reached such a pitch in one Canadian province that authorities swapped out more than 100,000 smart meters with traditional units. Oregon officials replaced 70,000 digital meters in 2014 for the same reason. Randy Bays, president of leading smart meter manufacturer Sensus, made the incriminating and disturbing admission: “Our experience has shown that these issues are systemic in the industry.”

Yet another argument against the controversial monitoring instruments is the allegation that radiation emitted in their transmissions causes adverse health effects in humans. For example, the website for the 2013 documentary “Take Back Your Power” states that smart meters “emit between 5,000 and 190,000 pulses per day.” No question that’s a lot of radiation, right? Not really. According to the New England electric company NationalGrid, “a typical data-transmitting pulse would be 6 milliseconds long.” Five thousand pulses equates to 30 seconds per day.

That may be slight, but what about 190,000 pulses? The study cited by TakeBackYourPower.net actually only found “one meter that sent out more than 190,000 signals in one day.” Even in that case, the meter transmitted for less than 20 minutes. But the average device sent fewer than 10,000 pulses daily. The report concluded, “Add them together, and the meter’s total transmission time equals a little more than 45 seconds per day.”

The question remains: Is that enough radiation to cause disease? Or does this smart-meter-contagion argument amount to nothing more than fearmongering by those who wish to demonize smart meters at all costs, and who are taking advantage of general public ignorance of radiation? If the latter case is true, the argument certainly undermines the credibility of those with real concerns about the menacing potential of smart meters as tools that turn Big Brother into Peeping Tom. In order to answer these questions, we need to understand the radiation that smart meters emit. So we’ll start with a brief review of the electromagnetic spectrum.

All the Energy in the Universe

NASA describes the electromagnetic (EM) spectrum as the span of all known types of EM radiation, arranged according to wavelength and frequency. Lower frequencies and longer wavelengths occupy the left side and transition to higher frequencies and shorter wavelengths toward the right. EM radiation moves at the speed of light and emanates from a variety of natural and man-made sources, including the sun, the Earth, and your own body. Household appliances such as your television and microwave also emit EM energy in varying forms.

Visible light is the most familiar, because it is the only type we can detect without the aid of measuring instruments. But visible light is an extremely narrow portion of the entire spectrum, slightly to the right of center. Coupled with ultraviolet radiation, it effectively marks the dividing line between ionizing and non-ionizing radiation.

Ionizing radiation contains enough energy to tear electrons away from an atom, converting it into ions with a positive or negative electric charge. This is commonly known as radioactivity, which can cause cancer in high doses because it can damage DNA. X-rays and gamma rays are well-known forms of ionizing energy.

Non-ionizing radiation does not carry enough energy to ionize atoms, meaning it is incapable of causing DNA damage. But its effects are observed elsewhere. It makes it possible for you to microwave your food, for your radio to receive a signal, and for your lights to come on when you flip a switch. Without non-ionizing radiation, there would be no such thing as laser cataract surgery, cellular phones, or sunlight.

Radiofrequency Electromagnetic Fields

Obviously, non-ionizing forms of energy can affect the human body both positively (e.g., transmission of nerve impulses) and negatively (e.g., sunburns). But there is great controversy regarding whether non-ionizing radiation causes cancer – with the spotlight specifically on radiofrequency (RF) electromagnetic fields (EMF), which have frequencies between 300 megahertz (MHz) and 300 gigahertz (GHz). Frequency is proportional to the amount of energy transmitted, and in terms of the entire EM spectrum, RF emissions are relatively low frequency and low energy. Visible light, with frequencies ranging from 400 to 800 terahertz (THz), is thousands of times more powerful. (One terahertz is one thousand times larger than one gigahertz, which is one thousand times as powerful as one megahertz.)

RF fields are released from man-made sources, such as modern telecommunications, that help make possible our industrialized standard of living. Smart meters are one of many common household objects that emit RF energy. Other items that make the list are cellphones, wireless routers, baby monitors, garage-door openers, televisions, and walkie-talkies.

The World Health Organization (WHO) caused a stir in 2011 when it announced that RF radiation might generate tumors in the body. Its International Agency for Research on Cancer, which maintains a list of agents rated on the basis of their ability to cause the disease, added radiofrequency EMF to “Group 2B: possibly carcinogenic to humans.” That sounds pretty damning until you look more closely at the complete 2B catalog, which includes caffeine, coconut oil, Ginkgo biloba extract, Aloe vera extract, and kava, a popular Polynesian social drink. And although RF fields remain in Group 2B, WHO’s online fact sheet entitled “Electromagnetic Fields and Public Health” states that “a large number of studies have been performed over the last two decades to assess whether mobile phones pose a potential health risk. To date, no adverse health effects have been established as being caused by mobile phone use.” Mobile phones are ubiquitous RF emitters. Leave it to WHO to add confusion to the matter.

Electromagnetic Hypersensitivity

In addition to cancer, some attribute to radiofrequency EMF other adverse health effects, such as headaches, sleep disturbance, fatigue, and skin ailments. It's a condition known as 'electromagnetic hypersensitivity' (EHS). After all, if RF from a microwave can cook your food, why can't the same energy from a cellphone cook your brain? David Robert Grimes, science contributor to The Guardian, explains that microwave ovens are designed to heat the water in our food, unlike cellular telephones, which are incapable of such a feat. Moreover, "the power output of our communication technology is many orders of magnitude below that of ovens, with typical home routers outputting less than 100 mW," Grimes explains. That's 100 milliwatts, or one-tenth of a watt. (Smart meters' signals are similar to those produced by wireless routers.) In sharp contrast, microwave ovens typically output between 600-1200 watts of power to heat food, or 6,000 to 12,000 times the power output of a router or meter.

WHO's fact sheet relates that doctors do not recognize EHS as a valid medical diagnosis but simply treat individual symptoms. Regardless, many contend that EHS is a real condition, prompting activist and support groups worldwide. Some Santa Fe, New Mexico, residents want to ban public hotspots altogether, while a Massachusetts couple sued their son's school for making him sick with its Wi-Fi signal. A French court awarded a woman disability benefits for what she called EHS symptoms, while parents in the U.K. blame the Wi-Fi at their daughter's school for her tragic suicide last year.

One of the most oft-cited sources of research on the negative consequences of EHS is the Bioinitiative Report (BIR), an independently compiled meta-analysis first published online in 2007 and updated twice since. Prepared by 29 doctors and scientists from 10 countries, the latest release includes dire results of approximately "1,800 new studies reporting bioeffects and adverse health effects of electromagnetic fields ... and wireless technologies." Among harmful outcomes that they tout as credible, the authors include "brain tumor risks from cell phones, damage to DNA and genes, effects on memory, learning, behavior, attention; sleep disruption, cancer and neurological diseases like Alzheimer's disease ... effects on ... fertility and reproduction ... brain development of the fetus and infant, and effects of wireless classrooms on children and adolescents."

Yet BIR is routinely criticized as subjective and unbalanced; government agencies in Australia, India, The Netherlands, France, Germany, and the European Union have accused the authors of selective use of scientific data and erroneous reporting. The conservative-minded Institute of Electrical and Electronics Engineers has censured BIR's findings as unreliable.

Indeed, other research directly contradicts BIR. The Guardian reports, "Double-blind scientific trials, where neither the patient nor researcher was aware whether they had been exposed to electromagnetic waves, have disproven any link to the symptoms, and many experts ascribe the condition to a phobia." In some trials which used fake EM sources, participants reported adverse health effects without realizing they were never exposed. "Some believe it might be triggered by the so-called 'nocebo' effect — the placebo effect in reverse — when people feel unwell because they believe they have been exposed to something harmful."

Scientists at The Netherlands' University of Twente explain the results of existing clinical studies: "The effects of radio waves are largely comparable to the effects of microwaves. Touching an object in an area with strong radio frequency radiation can even cause burns." But they also caution that there is no clear evidence for additional subjective complaints.

The National Institutes of Health agrees that current research is inconclusive, and its National Toxicology Program (NTP) is conducting extensive investigations, particularly targeted on the main object of concern — cellphones — which are held directly against the head while in use. "Currently, there's little or no evidence to suggest that cell phone usage is associated with brain tumors or any other adverse health effects in humans,"

reads the NTP website. However, the agency admits that no one has ever conducted a comprehensive study on the issue. NTP toxicologist Michael Wyde, Ph.D., is hoping to change that. “This study is the largest that the NTP has ever conducted – it’s the largest of this kind on cell phone radio frequency radiation that’s been done to date. Our studies are targeted not just at brain cancer ... [they] also address effects in other parts of the body.” Results are scheduled for release by the end of 2017.

Until then, the U.S. Food and Drug Administration recommends that those who are concerned about avoiding radiofrequency EMF should reduce their amount of time spent using cellphones, and use speaker mode or a headset “to place more distance between your head and the cell phone.” Distance is an important factor in radiation exposure; radiofrequency emissions weaken significantly as distance increases. This will be an important factor to consider in relation to RF emitted from smart meters, as we shall see.

Chirping Meters

Like cellphones, smart meters transmit and receive information wirelessly. If you have a smart meter, it works by ‘calling’ your utility company – sometimes called ‘chirping’ – via a one- or two-watt wireless radio at least once a day to deliver up-to-date readings of energy usage. Unlike cellphones, smart meters are attached to your house – not held to your ear – and smart meter company Sensus explains that RF exposure from a meter “drops by a factor of 100 when you move from a distance of 1 foot to 10 feet away.” The walls of your house provide additional barriers to exposure.

More importantly, a typical smart meter will transmit for less than one minute per day. So even if you stood right next to your smart meter for 24 hours straight, during at least 23 hours and 59 minutes you would absorb no radiation at all. Additionally, the RF from an average smart meter is “roughly one-thousandth that of a typical cell phone,” reads the Pacific Gas and Electric Company’s (PGE) webpage dedicated to radiofrequency frequently asked questions. “You’d have to have one of our meters on your home or business for more than 1,000 years to get as much exposure to radio waves as a typical cell phone user gets in just one month.”

PGE offers some comparisons of its smart meters to Federal Communications Commission (FCC) health-protection regulatory standards, measured in power density of microwatts per square centimeter ($\mu\text{W}/\text{cm}^2$). Standing one foot away from a smart meter as it is transmitting, a person would be exposed to between 8.8 and $24.4 \mu\text{W}/\text{cm}^2$. As a frame of reference, the FCC, which regulates telecommunications, places a safe power density average on transmitting devices such as this of $601 \mu\text{W}/\text{cm}^2$. Incidentally, these are the readings and standards for electric meters, which operate at frequencies between 824 and 1900 MHz. Gas-powered smart meters operate at lower frequencies (450-470 MHz), transmit at lower wattage (0.820 watts), and on average emit $0.00166 \mu\text{W}/\text{cm}^2$ at a distance of one foot. The average safe power density set by FCC standards for gas meters is $300 \mu\text{W}/\text{cm}^2$.

How do these power densities compare with other common household items? Standing three feet away from your microwave oven as it heats your dinner exposes you to $10 \mu\text{W}/\text{cm}^2$, and you’ll get as much as double that from your wireless router at the same distance. Held right next to your head, your cellphone can deliver as much as $10,000 \mu\text{W}/\text{cm}^2$.

In other words, smart meters are far down on the totem pole of RF emitters in an ordinary household. In fact, in many cases they’re not even in the house but just outside, accounting for a tiny fraction of RF emissions people absorb every day.

Does it make sense for anyone to oppose smart meters on the basis of RF emissions, if at the same time he refuses to pitch his wireless router, cellphone, television, baby monitor, and microwave oven? Does it make sense to oppose smart meters because the World Health Organization says they run as much cancer risk as coconut oil, Ginkgo biloba supplements, or your morning cup of joe?

We know from experience that there are valid reasons to oppose the use of smart meters. We know bureaucrats can and do use them to spy on utility customers, even bragging about their unwarranted surveillance exploits. We know smart meters open the door to espionage and that they pose dangerous fire hazards. Claims of their cost savings do not take into account the billions of dollars in taxes and rate hikes used to bolster grid modernization. With such a litany of justified complaints, does it make sense to add questionable claims of ill health from unsubstantiated sources? Sticking with verifiable facts is clearly the smart choice.

TNA contributor Ed Hiserodt, author of the book *Underexposed: What if Radiation Is Actually Good for You?*, contributed to this article.

Source: <http://www.thenewamerican.com/tech/energy/item/24569-the-great-smart-meter-con>

I Am an EMF Refugee

From:

To: EMF Refugee <emfrefugee@yahoogroups.com>; emr-updates@yahoogroups.com;
EMFBuildingBiologists@yahoogroups.com

Sent: Sunday, October 9, 2016

Subject: [emfrefugee] I Am an EMF Refugee

I Am an EMF Refugee Published: June 23, 2016 Author: Alison Main '00

I can feel Wi-Fi.

And power lines. And smart phones. And electric heat. And LED lights. But, before you get too excited about my real-life “Spidey sense,” let me warn you; it does not feel good. And I didn’t always possess this extrasensory perceptive power.

I was a New York City media maven for 15 years. I strode into dazzling skyscrapers with Don Draper and Peggy Olson wannabes. I clinked glasses of dirty vodka martinis with beat reporters and fedora-wearing publishers. I dwelled in an overpriced studio on Manhattan’s sublime West 57th Street. I stressed over deadlines, sipped wine on rooftops and hopped subways in heels – all with a sparkling, enchanting metropolis of international envy to call my home.

And of course, I had all the digital toys to accompany this persona: A creative director’s dream of a Mac computer system, the smartest smart phone of the moment, the fastest of the fast wireless networks, the streaming tunes, the apps for that, the iEverythings and the incessant surge of digital pings directing and announcing my every move.

That was my life until a few years ago. And now, I am an EMF Refugee.

I wander in exodus seeking asylum from a fierce and escalating worldwide storm of artificial and damaging electromagnetic fields (EMFs). I’m a fugitive on the run from wireless frequencies. I’m an émigré fleeing persecution from dirty electricity. I have relinquished any concept of possession, ownership or permanent

residence, ready to pack up and escape for my safety on a moment's notice. But in a world now filled with overlapping, omnipresent radiofrequency and pulsed microwave technologies, where exactly should I flee? Where is it safe? That is always the question. And there isn't always an answer.

With my bank account drained from decades of undiagnosed illness and failed medical intervention, I must rely on the kindness of friends and strangers to grant me temporary safe haven – to disable their Wi-Fi, to unplug their cordless phones, even sometimes to shut down their energy-efficient electronics or entire circuit systems – just so I can sleep, so I can eat, so I can rest, so I can work, so I can think, so I might possibly heal. And then, inevitably, energy forces me to move again.

So how does a Notre Dame alumna, the editor-in-chief of the 2000 Dome, who graduated summa cum laude and Phi Beta Kappa with an astounding network of friends and loved ones, wind up as an EMF refugee? Quite simply: It is estimated that 3 to 5 percent of the world's population suffers from a very modern, very real, yet controversial physiological condition known as electro-hypersensitivity (EHS). I am now one of them.

This means I experience debilitating neurological and immunological symptoms in the presence of radiofrequency transmissions (think wireless routers, cell phones, Bluetooth devices, tablets, game consoles, smart tech and cell towers), low-frequency fields (think computers, televisions, engines, wiring and power lines), and dirty electricity (the high-frequency microsurges that ride on top of our otherwise clean electric current, such as our power grid, LED lights, variable speed air conditioning units, and other seemingly innocuous items).

We are humans, and we have evolved with a broad spectrum of natural electromagnetic fields innate to our Earth and the universe. But we are also now being barraged by harmful, man-made, unnatural frequencies — all invisible to the human eye but irradiating us nonetheless. And it is this electrosmog that quite literally makes me sick.

I've always been a sensitive individual – emotionally, physically, and creatively – so in theory, I was a prime candidate for this condition. But, there was a catalyst. In my mid-30s, I considered my college futon days finally behind me. My apartment needed a grown-up comfy cushy sofa to welcome my guests or my solitary midnight TV screenings. So, I ordered a plush microfiber loveseat from a prominent furniture retailer. No sooner was it delivered than I began to experience a frightening, systemic, neuro-immunological breakdown. In a scene right out of a Marvel comic book, this electrically-charged, chemically-infused synthetic couch created an unusually powerful static-electricity vortex, thereby electrifying and shocking everything inside my apartment – including me. From that moment on, I've been EHS.

I see the stares, the glances, the disbelief, the doubt. I see people humoring me. Terrified of me. Placating me. Dismissing me. I hear the hushed tones: "That's the girl who thinks she can feel Wi-Fi." Everyone wants proof. But you can't see what I feel. And when I present the hard evidence – the myriad international, peer-reviewed studies on the harmful biological effects of EMFs, for instance – people turn a deaf ear. Because no one wants any of this to be true. No one wants to imagine for a second that their digital devices might be harming them; or that their smart gadgets might not be so smart after all; or that their hyper-connected homes, offices, cars and transport systems might lead to a public health crisis of epic proportions.

Well, why can't this be true? Humans are bioelectrical beings. Our bodies, our hearts, our brains operate based on electrical impulses. Maybe the most sensitive of us humans can actually feel the difference between good energy and bad energy.

People always want to prove me wrong. Some have covertly turned on their Wi-Fi routers in my presence, just to see if I can feel it, when I don't know it's transmitting. Guess what? I can feel it. I always do. And they're always astonished. But that's not a fun parlor game for me.

People like to prove the science wrong, too. They call out “non-specific symptoms.” They cherry-pick the data. They call EHS a “nocebo” that is leading people to feel ill because they think they have been exposed to something that might sicken them. But I challenge those doubters to delve into the published research. And maybe to consider that in 2011 the World Health Organization reclassified radiofrequency electromagnetic fields as “possibly carcinogenic to humans” based on an increased risk for glioma, a malignant type of brain cancer.

“But what does it feel like?” This is the most popular question I’ve been asked in the last three years. In a nutshell – it feels like unremitting, wired, electrified torture. It feels like I am fused with a force field, that I’m no longer human but part of a circuit. It feels like my body is pulsating to an artificial frequency. If I were to check off some boxes in a physician’s waiting room, my symptom list would include numbness, tingling, muscle twitching, vertigo, loss of balance, pressurized headaches, spinal pain, rashes, insomnia, memory lapses, cognitive dysfunction, altered heart rate, tinnitus, fatigue, gastrointestinal distress and urological spasms – just for starters.

My symptoms worsen to torment based on dose and duration of EMF intensity, and diminish only with distance from the offending source. Which means, if there’s something energetically hurting me, there’s no waiting it out, there’s no “maybe I’ll get used to it,” there’s no “Alison, can’t you just deal with it?” And if I can’t shut it down, there is only one thing to do:

Leave.

And then find another safe space . . . any safe space . . . even if that space is a neighbor’s backyard. Or a converted workman’s shed on an upstate New York farm. Or a remote cottage on a dirt road in Rhode Island. Or a friend’s car in her driveway. Or a pew in a local church. All of which I’ve called sanctuary when left with no other recourse.

You’d be surprised how many loved ones are unwilling to unplug their digital worlds, even for a few nights. You’d be astonished how many people choose their streaming movies over your very existence. Or maybe they simply don’t see it that way. Maybe it’s not a lack of caring. But it is a lack of awareness. A lack of understanding of what EHS means for the suffering individual. And how there is yet to be a network of safe houses for people with my condition. And how there’s no pill or drug infusion or hospitalization that will magically “cure” the individual or make the symptoms disappear. And how it’s not “just a headache” that’ll go away by morning. And how at its most severe, an EHS individual can suffer a heart attack, a seizure, or a stroke. Which is why – roof or no roof – like all war-torn refugees, I always leave when under siege.

In living my very own dystopian novel, I’ve discovered a hidden network of EHS comrades around the globe. Former designers, lawyers, bankers, pilots, teachers, students: brilliant, accomplished, hard-working, highly educated individuals of all ages who have been forced to leave their career, school, home, family, friends and community, their financial worth, their entire reality, to go off the grid in order to heal. To seek peace within their bodies, to make the pain stop, to be able to breathe again, think again, sleep again, exist again.

These people have become my lifeline. They answer my panicked messages at 1 a.m. when a sudden change in energy makes my sanctuary no longer safe, when I’m in pain and scared and need a friend who just gets it. They’ve given me tips and tricks on how to use a computer (here’s one: get an internal “solid-state drive,” and use with a wired external keyboard and mouse), where to sit in a car (usually in the back, farthest from the driver’s seat), and what type of light bulbs are best (incandescent). They’ve urged me to keep going, to overcome all obstacles; told me that I’m strong enough, courageous enough, and resilient. They can tell me this because they’ve endured it all as well. Because to survive, they’ve slept in their own cars and in shacks and tents in the wilderness. They also feel the immense power of energy. Brave new world, indeed.

You don't become electro-hypersensitive without spending some serious time contemplating energy in all its forms – scientific, metaphysical, and spiritual. According to the laws of physics, energy can neither be created nor destroyed. But, leaving the intricate calculus formulas for the textbooks, what this theorem means to me is: Energy is everywhere. And energy is everything.

Thoughts are energy. Words are energy. Movement, breathing, sound and creativity, love and faith are all energy. Energy can be blocked, stuck, fragmented, balanced, depleted, stolen, open or closed. Energy can fuel you, or it can enervate you. It can attract or repel. It can be positive or negative. But no matter what, energy is constant.

And now, despite my profound physical and material losses, I have nonetheless found connection within disconnection. I've discovered stillness, hope, heart, infinite love and divine compassion. There's transcendence in embracing such impermanence, in letting go of surface desires and goals. I've become grounded within my present. That is where I can dwell, regardless of what physical structure (or lack thereof) serves as my fleeting peripheral residence.

So I put my bare feet in the dirt. I stretch my hands around a tree. I look up beyond the power transformers and see magnificent cloud formations. I feel the pulse of earth and the ebbing frequency of the wind. I find the healing rhythms within nature, within love, within a gracious power guiding me through it all. And I can sense, within every fiber of my being, that we are all one, entwined in spirit, and connected by energy.

Alison Main is a freelance graphic designer and writer with a focus on environmental health, EMF safety and natural living. You can read her nonfiction essays at atuncommonalchemy.me and her published work at alisonmain.me.

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Microwaves and Alzheimer's disease

Sent: Sunday, October 9, 2016

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Microwaves and Alzheimer's disease

Xia Zhang, Wen-Juan Huang, and Wei-Wei Chen

Abstract

Alzheimer's diseases (AD) is the most common type of dementia and a neurodegenerative disease that occurs when the nerve cells in the brain die. The cause and treatment of AD remain unknown. However, AD is a disease that affects the brain – an organ that controls behavior. Accordingly, anything that can interact with the brain may affect this organ positively or negatively, thereby protecting or encouraging AD. In this regard, modern life encompasses microwaves for all issues including industrial, communications, medical and domestic tenders, and among all applications, the cell phone wave, which directly exposes the brain, continues to be the most used. Evidence suggests that microwaves may produce various biological effects on the central nervous system (CNS) and many arguments relay the possibility that microwaves may be involved in the pathophysiology of CNS disease, including AD. By contrast, previous studies have reported some beneficial cognitive effects and that microwaves may protect against cognitive impairment in AD. However, although many of the beneficial effects of microwaves are derived from animal models, but can easily be extrapolated to humans, whether microwaves cause AD is an important issue that is to be addressed in the current review.

1. Introduction

Microwaves can be arbitrary and basically defined as extremely high-frequency radio waves created by several types of transmitters, including chip and antenna for mobile phone or 'magnetron' for kitchen microwaves (1). With wavelengths of merely a couple of centimeters, microwave ovens cause fat molecules and water vibration, making these substances hot and allowing the capacity to cook many types of food (2). Microwaves used by fixed traffic speed cameras or radar for aircraft ships and weather for casters commonly emit bursts of

microwaves, detecting echoes coming back from the objects they strike, and using the time it takes for the echoes to return to determine the distance to a particular object or location (1,2). Contact with certain types of microwaves, together with cordless phones, Wi-Fi, walkie-talkies, ham radio transmitters and other devices are not considered harmful exposure, whereas these types of microwaves constitute the same risk as using a cell phone. Indeed, the body tissue, mostly in the lower body, has good conductivity and absorbance of radiation. For example, men wearing cell phones near their groin could reduce their sperm count by 30% (3).

Accordingly, cell phone radiation decreases as the distance from the cell phone increases, resulting in marked effects, even if the cell phone is only a short distance away. By contrast, the use of headsets connected to the cell phone may greatly reduce the absorbed cell phone radiation (4), while wearing an air-tube headset has been found to intensify radiation into the ear canal (5), the wire being a transmitter of radiation and serving as an antenna that can attract electromagnetic fields (EMFs) from the surroundings (6). Microwaves used by mobile cells are generated by a small antenna and are transmitted by a line of sight to the transmitter. The prolonged exposure to microwaves has been associated with negative effects on the eyes (7) and recent findings indicated that holding the transmitter of a cell phone close to the head induces detrimental effects on the brain (8,9).

Investigations have suggested that using a cell phone for 10 years or more may significantly increase the risk of developing a tumor (10) thereby doubling the risk of developing glioma or acoustic neuroma in the more exposed brain hemisphere (11). Long-term cell phone use is associated with the likelihood of being hospitalized for migraines and vertigo by 10–20% (8) since the mobile phone signal is absorbed deeply into the brain, up to 2 inches into the adult skull (12). In children, their developing skulls offers a higher opportunity for radiation to penetrate more deeply (13), and thus it is crucial to emphasize the vulnerability of youth brains to microwaves (14). It has been previously shown that adult brain almost entirely absorbs radiations on the ipsilateral part where the phone is held, but not on the contralateral part. Consequently, the ipsilateral temporal lobe or cerebellum absorbed 50–60 or 12–25%, respectively, of the total radiation, while the insular region and overlying skull, scalp and parotid gland tissues are also exposed (15). Additionally, the exposition seems to be even higher in children owing to thinner scalps and skulls, increased water content of their brain and lower brain volume (16). The results of studies on radiofrequency EMFs examining the effects of mobile phone-related exposures at the level of the head on physiological functions such as brain electrical activity (EEG), cognition, brain vascularization, cardiovascular and endocrine systems were not conclusive. The main observation was the effects on the amplitude of EEG α wave during sleep while there was no consensus on the cognitive effects. However, the definite association of EEG α wave with cerebrovascular effects requires further investigation (17). In rats, exposure to low-power-density microwave fields resulted in increased levels of plasma corticosterone and glucocorticoid receptor nuclear translocation, as well as apoptosis in the hippocampus affecting spatial learning and memory (18), following exposure to a dose of microwaves comparable to those received by human in normal utilization (10).

In agreement with these data, investigations have been conducted into mobile phone handsets and findings indicate that some phones can cause higher rates of brain tumors (19) including new mobile phones, which by contrast to outdated analogue phones, emit much stronger signals that may be damaging to the health. However, despite these data, the overall scientific opinion states that the benefits of mobile phones seem to outweigh any danger, albeit the utilization of cell phones must respect a precautionary approach, according to conclusions of the Stewart Report published in 2000 (20). Nevertheless, data arguing in favor of the possibility that phone microwave range may be harmful to the human health (21), whether the long-term effects of a cell phone can induce the development of Alzheimer's disease (AD), the state of dementia and neurodegenerative disease that occurs when the nerve cells in the brain die remains to be determined (22,23). In this review, we examine whether microwaves cause AD.

2. Possibility of microwaves causing AD

The introduction of cell phones, Wi-Fi, satellite and wireless communications and the microwave oven have had a significant impact on daily life. However, there are growing concerns regarding the potential health risks associated with increased, frequency, modulation frequency and duration of microwave exposure (24,25) and particularly, the risk of developing AD, an incurable and debilitating disease affecting individuals worldwide being associated with the death of nerve cells in the brain, cerebrovascular impairments and dementia (22,23).

An increase of major symptoms has become evident for individuals residing at a distance of <500 m from a mobile phone base station, including irritability, headache, and lower cognitive performance (26). Of note, an increase of intracellular Ca^{2+} levels that coincided with the overactivation of the GABA receptor NMDA, which activates CaMKII, has been observed in cell cultures exposed to microwaves. NMDA is important in the regulation of induction of synaptic plasticity modifications such as long-term potentiation (LTP) (27), a physiological mechanism of learning memory formation that was actually inhibited by microwave (25), suggesting that exposure to microwaves can result in alterations of synaptic structure, amino acid neurotransmitter release, calcium influx and NMDA receptor signaling molecules (microwave exposure impairs synaptic plasticity in the rat hippocampus and PC12 cells through overactivation of the NMDA receptor signaling pathway) (28). Accordingly, experimental studies have revealed that long-term microwave exposure, even low levels of radiation power (29,30), were associated with a significant decrease in learning and memory activity reminiscent of neuronal degeneration and enlargement perivascular spaces in the hippocampus that produce adverse biological effects in the nervous system, while the effects on cognitive functions remained controversial (31–33). Notably, the low-level and long-term microwave exposure of rats have led to marked alteration in the structure and function of the hippocampus, including mitochondrial swelling, cristae disorders (34,35) as well as an increase in the concentration of neurotransmitters glutamate (Glu), aspartic acid (Asp), glycine (Gly) and γ aminobutyric acid (GABA) (34). The rough endoplasmic reticulum also exhibited sacculated distension and there was a decrease in the quantity of synaptic vesicles, suggesting detrimental effects of microwaves on synaptic plasticity and cognitive function, especially in learning and memory (36,37). In line with these data, Glu, Gly, Asp and GABA are neurotransmitters playing critical roles in processes such as learning and memory activities (38,39), sleep-wake cycle (40) response (41), induction of pain (42) reaction time in behavioral and brain plasticity (43) as well as in various central nervous system (CNS) diseases (44). Taken together, these data indicate serious hazards related to the overuse of the cell phone, and thus mostly provide detrimental potential effects of microwaves on the brain that may lead to the development of AD. Nevertheless, some reports in animal models suggest stimulatory or beneficial effects following exposure to cell phone radiofrequency radiation (45). For example, beneficial cognitive effects, including a decrease in reaction time after human short-term exposure to cell phone radiation or occupational exposure to radar microwave after short-term exposure to radar microwave radiation have been documented in rats (46,47). Such studies found that exposure may exhibit an increase in brain glucose consumption and suggested that radiofrequency radiation may protect against cognitive impairment in AD (45,46,48,49).

3. Conclusion

The impact of wireless communication on human health is a matter of debate. Since there are widespread concerns regarding the deleterious effects of the exposure to microwaves on human tissues and the subsequent potential threat of carcinogenesis, we can conclude that the current exposure to microwaves during the use of cell phones is not safe for long-term exposure, despite the current scientific opinion. Absorption of the cell phone signal into the brain of children does not exclude serious neuronal damage, as evidenced in rat studies (50). In addition, the increased risk of tumors of the head associated with long-term cell phone use is evident since radiofrequency may cause the blood-brain barrier to leak and to favor the damage of genetic material which consists of common precursors to cancer (51). Accordingly, poor fertility and the increased chance of miscarriage and childhood cancer have been associated with cell phone storage in front pockets. Notably, the data suggested that the hippocampus can be injured by long-term microwave exposure (52), which may result in the impairment of cognitive function due to neurotransmitter disruption. These results suggest that

precautionary approach underlying the restrictive use of cell phones constitutes essential appropriate guidelines to follow although additional studies are needed.

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"Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them."

- Dalai Lama

"The further a society drifts from the truth, the more it will hate those that speak it." - George Orwell

"The Autonomic system is affected by microwaves of the centimeter wave length band. These waves affect circulation, respiration, temperature control, water balance, albumin and sugar concentration in the cerebro-spinal fluid, hydrogen ion concentration, EEG, GSR, sleep, conscious awareness, etc." - W. Bergman (The Effect of Microwaves on the Central Nervous System)

"Your Cell Phone, WiFi, and DECT Phone are killing us!"

American Academy of Pediatrics Issues New Recommendations to “Reduce Exposure To Cell Phones”

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Sent: Tuesday, October 11, 2016

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Hi Everyone,

Please share the following info. with friends, family, social media, organizations you belong to if you haven't already. It was taken from

<http://ehtrust.org/american-academy-pediatrics-issues-new-recommendations-reduce-exposure-cell-phones/>

American Academy of Pediatrics Issues New Recommendations ...
ehtrust.org

Nation's largest group of children's doctors responds to new government study linking cell phone radiation to cancer

This is IMPORTANT information most people still have not heard about.

Did you know that in many European countries advertisements for cell phones do NOT show people holding them next to their head, and that they use a hands-free device instead?

Also that the instructions for your cell phone tell you to keep it stored a certain distance from your body and to talk on it a certain distance from your head? (Check your phone's instructions)

But most people don't know this because we don't advertise this in the US and most people don't read their instruction manuals.

(Berkeley's cell phone right-to-know ordinance passed in May 2015 put warning labels on cell phone boxes so people would know – telecom sued in January 2016 to undo this and lost, so telecom has appealed now – decision is pending.)

Every day I see pregnant mothers holding their cell phones on their bellies, babies playing and chewing on smart phones, kids putting phones in their pockets, and women with cell phones in their bras, and I cringe. Please share this important info.

Thanks
Angela

American Academy Of Pediatrics Issues New Recommendations To “Reduce Exposure To Cell Phones”

Nation’s largest group of children’s doctors responds to new government study linking cell phone radiation to cancer

In response to the U.S. National Toxicology Program study results finding exposure to wireless radiation significantly increased the prevalence of highly malignant heart and brain cancers in rodents, the American Academy of Pediatrics (AAP) has issued specific recommendations to reduce wireless cell phone exposure and updated their online resources for parents concerning cell phones and wireless devices.

“They’re not toys. They have radiation that is emitted from them and the more we can keep it off the body and use (the phone) in other ways, it will be safer,” said Jennifer A. Lowry, M.D., FAACT, FAAP, chair of the AAP Council on Environmental Health Executive Committee in the AAPs press release on the NTP Study Results.

“The findings of brain tumors (gliomas) and malignant schwann cell tumors of the heart in the NTP study, as well as DNA damage in brain cells, present a major public health concern because these occurred in the same types of cells that have been reported to develop into tumors in epidemiological studies of adult cell phone users,” stated Ronald L. Melnick, Ph.D., the National Institutes of Health toxicologist who lead the NTP study design and senior advisor to the Environmental Health Trust. “For children the cancer risks may be greater than that for adults because of greater penetration and absorption of cell phone radiation in the brains of children and because the developing nervous system of children is more susceptible to tissue-damaging agents. Based on this new information, regulatory agencies need to make strong recommendations for consumers to take precautionary measures and avoid close contact with their cell phones, and especially limit or avoid use of cell phones by children.”

AAP recommends Reduce Exposure to Cell Phones

The AAP has updated their Healthy Children Webpage on Cell Phones entitled Cell Phone Radiation & Children’s Health: What Parents Need to Know. The webpage reiterated children’s unique vulnerability to cell phone radiation stating, “Another problem is that the cell phone radiation test used by the FCC is based on the devices’ possible effect on large adults – not children. Children’s skulls are thinner and can absorb more radiation.”

The AAP issued the following cell phone safety tips specifically to reduce exposure to wireless radiation:

Cell phone safety tips for families:

- Use text messaging when possible, and use cell phones in speaker mode or with the use of hands-free kits.
- When talking on the cell phone, try holding it an inch or more away from your head.
- Make only short or essential calls on cell phones.
- Avoid carrying your phone against the body like in a pocket, sock, or bra. Cell phone manufacturers can't guarantee that the amount of radiation you're absorbing will be at a safe level.
- Do not talk on the phone or text while driving. This increases the risk of automobile crashes.
- Exercise caution when using a phone or texting while walking or performing other activities. "Distracted walking" injuries are also on the rise.
- If you plan to watch a movie on your device, download it first, then switch to airplane mode while you watch in order to avoid unnecessary radiation exposure.
- Keep an eye on your signal strength (i.e. how many bars you have). The weaker your cell signal, the harder your phone has to work and the more radiation it gives off. It's better to wait until you have a stronger signal before using your device.
- Avoid making calls in cars, elevators, trains, and buses. The cell phone works harder to get a signal through metal, so the power level increases.
- Remember that cell phones are not toys or teething items.

In 2012, the AAP published Pediatric Environmental Health, 3rd Edition, recommending, "exposures can be reduced by encouraging children to use text messaging when possible, make only short and essential calls on cellular phones, use hands-free kits and wired headsets and maintain the cellular phone an inch or more away from the head."

Since 2012, the AAP has supported the Federal Cell Phone Right to Know Legislation and has written to the FCC calling on the federal government to review and strengthen radiation standards for wireless devices in an effort to protect children's health.

American Academy of Pediatrics Documents on Cell Phones

AAP Healthy Children.org Cell Phone Radiation & Children's Health: What Parents Need to Know

AAP responds to study showing link between cell phone radiation, tumors in rats May 27, 2016

2012 AAP Letter in Support of the Cell Phone Right to Know Act

2013 AAP Letter to the FCC calling for a review of RF guidelines

<http://ehtrust.org/american-academy-pediatrics-issues-new-recommendations-reduce-exposure-cell-phones/>

From: Angela T.
Sent: Tuesday, October 11, 2016
Subject: Correction: Berkeley Cell phone Ordinance. Cell Phone Distances by Model

CORRECTION regarding Berkeley cellphone ordinance above.

To date, the litigation has only addressed the CTIA's request for a preliminary injunction to block implementation of the ordinance.

The federal court has not yet held hearings on the merits of the actual case.

For more information see <http://www.saferemr.com/2014/11/berkeley-cell-phone-right-to-know.html>.

(Thanks Dr. Joel Moskowitz)

Also, if you would like to read your cell phone instructions regarding minimum distances to maintain between your phone and your body (to avoid exceeding FCC's thermal limits), here's a list (this website is maintained by EHT) <http://showthefineprint.org/> then click on "see the fine print" for a list by phone manufacturer and model.

Re: Will neighbors TV antenna give me problems?

From: "W"
To: emfrefugee@yahoogroups.com
Sent: Tuesday, October 11, 2016
Subject: [emfrefugee] Re: Will neighbors TV antenna give me problems?

Satellite dishes might be okay, but don't count on it! First, they don't only receive TV signals – they report back what you are watching. Also many dishes are now used as cell towers to transmit/receive cell phone and Wi-Fi signals.

My friend's neighbor with a satellite dish moved out, and new people moved in to order the same satellite service. When the dish was turned on my friend had to flee for her life! We learned the new contracts says they may use your satellite for other purposes such as creating a hot spot. Since the satellite dish owner pays for the electricity I expect satellite companies are now defaulting to hot spots.

Dishes all point south towards the satellite, so people believe they are safe as long as they are not south of the dish. Wrong! I suffered greatly from a little dish a full acre away to my east, and I couldn't escape it even behind a hill down the road to the north.

Cell phones cause breast cancer; warn women not to attach phones to their bras

From: Gary Vesperman <garyvesperman@yahoo.com>
To: "info@komennevada.org" <info@komennevada.org>
Sent: Monday, October 10, 2016
Subject: Cell phones cause breast cancer; warn women not to attach phones to their bras

Hello,

I suggest linking your website to Amy Worthington's shocking report on the dangers of wireless devices at <http://wi-cancer.info/home.aspx>

Amy wrote:

"It is no surprise that each day of the year, an additional 675 women in the US get a primary breast cancer diagnosis. [5] In reaction to this horrible epidemic, cancer activists remain silent about the inescapable wave of carcinogens reeking through the environment, while they peddle pink and plan "races for the cure." Sorry, girls!

Until women get the cordless phone, smart phone and Wi-tablet far away from their bodies, until they TURN OFF the Wi-Fi, until they stop buying myriad Bluetooth consumer items, the incidence of breast cancer will continue to accelerate off the charts. Sadly, female children and young adults are at highest risk because young, rapidly dividing tissues, especially those occurring in prepubertal breast buds, are extremely prone to the adverse effects of wireless microwaves saturating the human environment. [6] Breast cancer is increasing in males too."

Also:

" Cancer treatment can cost up to one million dollars per capita. [83] The bankrupt federal government already spends \$200 million dollars per second and it is heading towards 20 trillion dollars of debt. [84] How, in the future, will America pay for universal cancer resulting from the Wi-technologies so aggressively promoted across every sector of US society? Why isn't Big Radiation required to forfeit a cancer tax on every microwave device sold and on every wireless connection provided? There is already ample evidence that ubiquitous RF/microwave pollution is unleashing an epidemic of benign and carcinogenic tumors in:

breast
brain
inner ear (acoustic neuroma)
thyroid
eye
salivary glands
skin

Attached is my two-page handout that you are welcome to copy or edit for handing out at your meetings and your "Races for the Cure".

Gary Vesperman
Boulder City, Nevada

(The Susan G. Komen Breast Cancer Foundation did not respond.)

From: Angela T.

To:

Sent: Wednesday, September 28, 2016

Subject: EHS recognized by ADA. Dafna Tachover speech to FCC's Disability Advisory Committee

If you are not aware, EHS is a recognized disability under the ADA.

The Architectural and Transportation Barriers Compliance Board (Access Board) is the Federal agency devoted to the accessibility for people with disabilities. The Access Board is responsible for developing and maintaining accessibility guidelines to ensure that newly constructed and altered buildings and facilities covered by the Americans with Disabilities Act and the Architectural Barriers Act are accessible to and usable by people with disabilities. As stated in the Background for its Final Rule Americans with Disabilities Act (ADA) Accessibility Guidelines for Buildings and Facilities; Recreation Facilities that was published in September 2002:

“The Board recognizes that multiple chemical sensitivities and electromagnetic sensitivities may be considered disabilities under the ADA if they so severely impair the neurological, respiratory or other functions of an individual that it substantially limits one or more of the individual’s major life activities. The Board plans to closely examine the needs of this population, and undertake activities that address accessibility issues for these individuals”.

Following its recognition of electro sensitivity and its declaration of commitment to attend to the needs of the electromagnetic sensitive, the Access Board contracted the National Institute of Building Sciences (NIBS) to examine how to accommodate the needs of the electro sensitive in federally funded buildings. Here is the 2005 NIBS Report http://web.archive.org/web/20060714175343/ieq.nibs.org/ieq_project.pdf

On p. 51-52 of the report, specific accommodations were given such as turning off cell phones and other electrical equipment for those with EHS.

"People with chemical and/or electromagnetic sensitivities can experience debilitating reactions from exposure to extremely low levels of common chemicals ... and from electromagnetic fields emitted by computers, cell phones, and other electrical equipment. The severity of sensitivities varies among people with chemical and/or electromagnetic sensitivities. Some people can enter certain buildings with minor accommodations while others may be so severely impacted that they are unable to enter these same spaces without debilitating reactions. Furthermore tolerances to specific exposures can vary greatly from one individual to the next ... According to the Americans with Disabilities Act (ADA) and other disability laws, public and commercial buildings are required to provide reasonable accommodations for those disabled by chemical and/or electromagnetic sensitivities. These accommodations are best achieved on a case-by-case basis"

The above information is from EHT's website <http://ehtrust.org/science/electromagnetic-sensitivity/>. You can read more about the ADA and EHS, scientific studies and news stories on EHS there.

So if you are suffering terribly from EHS, know that you have rights to access public and commercial buildings!

If you currently have adverse reactions around wireless like bad headaches, dizziness, tinnitus, insomnia, bad allergies, skin problems, nosebleeds, heart problems (palpitations, tachycardia), heartburn, increased blood pressure, pain/tingling in hand when using iphone, please report them to W.A.T.E below. You don't need to have full-blown EHS or cancer to submit a testimonial. The goal here is to bring more awareness to the problem of health effects from wireless by showing that real people including children have been adversely affected and are becoming ill. Even though there have been many studies showing biological effects from wireless, most people have never read them and the mainstream denies there are any effects.

Evidence of MANY people who are sick is real-life, undeniable evidence, so please speak up on WATE's website below if you are suffering or know anyone who is suffering.

Please help spread the word about W.A.T.E.

Please see email from Dafna Tachover, Attorney and CEO of WeAreTheEvidence.org below.

Dafna can be reached at dafna@wearetheevidence.org

From: Dafna Tachover

Date: Tue, Sep 27, 2016

Subject: Video of Dafna Tachover speech to the FCC's Disability Advisory Committee on 9/22

Hi All,

As you may know, I started "We Are The Evidence", an advocacy group which aims to represent the adults and children who have been injured by wireless technology radiation. W.A.T.E aims to expose this epidemic to the public, elevate the voice of the injured and defend their rights through education, lobbying and litigation. W.A.T.E. website was launched though it is still not done yet.

Recently I spent much time in DC fighting the 5G and working to expose the epidemic of sickness from wireless technology and plan to continue this work.

On Sept 22nd, I made a public comment in the FCC's Disability Advisory Committee Meeting. Amongst the participants in the meeting were many wireless and technology companies and disability organizations.

Press Here https://www.youtube.com/watch?v=_qg0H63GLkU&feature=youtu.be to watch my speech.

Being there with all the radiation was very difficult and I was struggling.

The Committee was established to make recommendations to the Commission on a wide array of disability matters within the jurisdiction of the Commission, and to facilitate the participation of people with disabilities in proceedings before the Commission.

If you are sick from wireless technology radiation, with electro-sensitivity or cancer, please fill our Testimonial Form – the "I Am The Evidence" form. <http://wearetheevidence.org/adult-form/>

In order to be able and continue the work in DC and elsewhere, our efforts to expose this epidemic and create change, we need and appreciate your financial support. We hope you could make a donation.
<http://wearetheevidence.org/money-donation/>

Thank you,

Dafna

Dafna Tachover, CEO
Attorney (NY, Israel), MBA
US Number: (845) 377 0211
Israeli Number: 03-763 9673

WeAreTheEvidence.org
EHS Fight Back

Sent from my WIRED internet connection

Disability Advisory Committee Meeting September 22, 2016

Disability Advisory Committee Meeting

Hazards of Cell Phones, Wireless Devices, Etc – Book Four 108

December 14, 2016

9:00 am - 3:30 pm EDT

Room TW-C305 (Commission Meeting Room) 445 12th Street, S.W., Washington, DC 20554

The Committee was established in December 2014 to make recommendations to the Commission on a wide array of disability matters within the jurisdiction of the Commission, and to facilitate the participation of people with disabilities in proceedings before the Commission. The Committee has established subcommittees to consider the following five issues:

Communications Subcommittee: access to communications services and equipment (including advanced communications, telecommunications, and hearing aid compatibility);

Emergency Communications Subcommittee: Next Generation 911 and emergency alerting (Emergency Alerting System (EAS) and Wireless Alert (WEA));

Relay/Equipment Distribution Subcommittee: telecommunications relay services and the National Deaf-Blind Equipment Distribution Program;

Technology Transitions Subcommittee: issues relating to technology transitions underway in our nation's communication networks, such as the transition from services running on copper to new, all-Internet Protocol (IP) multimedia networks; and

Video Programming Subcommittee: video programming access (including closed captioning, video description, access to video programming apparatus, and access to televised emergency information).

At its September 22, 2016 meeting, the Committee is expected to receive and consider reports and recommendations from its subcommittees, which may include:

A report on the activities of its Communications Subcommittee;

A report on the activities of its Emergency Communications Subcommittee;

A report and recommendations from its Relay & Equipment Distribution Subcommittee regarding:

the portability of ten-digit telephone numbers and associated features from one IP-enabled relay provider to another;

911 training for VRS CA's (Communications Assistants); and

establishing rules and standards for IP CTS quality of service;

A report and recommendation from its Technology Transitions Subcommittee regarding amplified phones;

A report on the activities of its Video Programming Subcommittee; and

A report and recommendation from its Telecommunication Needs of People with Cognitive Disabilities Working Group.

The Committee will also receive presentations, including presentations from Commission staff on recent activities, and a presentation on the future of telecommunications, and will discuss new issues for its consideration. In addition, a reserved amount of time will be available on the agenda for comments and inquiries from the public. The public may comment or ask questions of presenters via the email address livequestions@fcc.gov. These comments or questions will be addressed during the public comment period.

Accessibility and Accommodations

The meeting site is fully accessible to people using wheelchairs or other mobility aids. Sign language interpreters, open captioning, and assistive listening devices will be provided on site. Other reasonable accommodations for people with disabilities are available upon request. If making a request for an

accommodation, please include a description of the accommodation you will need and tell us how to contact you if we need more information. Make your request as early as possible by sending an e-mail to fcc504@fcc.gov or calling the Consumer and Governmental Affairs Bureau at 202-418-0530 (voice), 202-418-0432 (TTY). Last minute requests will be accepted, but may be impossible to fill. The meeting will be webcast with open captioning, at www.fcc.gov/live.

For further information contact: Elaine Gardner, DAC Designated Federal Officer, Consumer and Governmental Affairs Bureau, Disability Rights Office, (202) 418-0581 (voice); email: DAC@fcc.gov.

Meeting minutes will be available for public inspection on the Committee's website at <http://www.fcc.gov/disability-advisory-committee>.

From: Gary Vesperman <garyvesperman@yahoo.com>
Subject: Fw: Cell phones cause breast cancer; warn women not to attach phones to their bras
Date: 11 October 2016 at 00:41:37 GMT+2
To: "mail@elfemmit.com" <mail@elfemmit.com>
Reply-To: Gary Vesperman <garyvesperman@yahoo.com>

Does your elf device radiates harmful electromagnetic waves?

Gary Vesperman

From: Urban
To: garyvesperman@yahoo.com
Cc: Marko
Sent: Tuesday, October 11, 2016
Subject: Re: Cell phones cause breast cancer; warn women not to attach phones to their bras

Hi Gary!

No, ELF emmit does not produce electro-magnetic fields nor radiate electro-magnetic sinus waves.

ELF emmit is a digital metronome which you control, choosing your preferred state of mind and allowing the device to suggesting how your mind should behave, the rhythm at which it operates. It's a personal assistant which coax our minds and bodies to work as we would like them to. The brain responds by synchronizing its own electric cycles to the rhythm that ELF emmit produces. With weak electro-magnetic PULSES, give you a beat, suggest you a speed performance of your mind and body.

ELF emmit draws upon the medical knowledge of the frequencies at which our brains work in different states of mind, and encourages them to function at those exact frequencies. This can be accomplished, regardless of the fact that the brain frequency may not be aligned with what we are trying to achieve. In sleep and deep relaxation, our brains function from 1 to 2 Hz (beats) per second, while at high concentration they spike up to 30 Hz per second.

With ELF emmit, we produce our own natural body frequencies, from 2 Hz up to 19 Hz. All natural, nothing atypical or unknown to our mind and body.

WHAT'S IT ALL ABOUT?

Our mind reacts to every color, voice, sound, loved one, dissatisfaction. In fact, each of these external stimuli leads to a sense of rippling in the brain. In the past, people used extremely low frequencies to achieve altered states of consciousness (that's what ELF stands for – extremely low frequency). Meditation along with the rhythmic sound of drums, gong therapy, steady flashing lights all transport you into a state of thoughtfulness and transcendence. Even the sound of rolling wheels when riding a train can put us to sleep. Different rhythms of music, a ticking clock, they all have their effects on us. The brain adapts to these external frequency. We are now able to do this on-command, with a little help from ELF emmit.

Our brains and bodies run at different speeds, depending on what we are doing: while we sleep, the frequency is low, as it is when we are relaxed. When concentrating, or when prepped for study or creative thinking, this frequency is higher. Problems arise when, because of upper impact interferences, your brain frequency is not aligned with what you are trying to do or to achieve.

When the brain is presented with a rhythmic stimulus, such as a drum beat, for example, the rhythm is reproduced in the brain in the form of these electrical impulses. If the rhythm becomes fast and consistent enough, it can start to resemble the natural internal rhythms of the brain, called brainwaves. When this happens, the brain responds by synchronizing its own electric cycles to the same rhythm. This is commonly called the Frequency Following Response (or FFR).

ELF emmit is the only wearable that directly stimulates the cerebellum, rather than the entire brain – it goes straight to where the action is, safely, non-invasively, effectively.

The essence of our product is the implementation of pulsed electro-magnetic stimulation in wearable med-tech gadgetry which allows us imitation of natural rhythmic stimulus, converted into pure electro-magnetic pulses.

External stimuli (sound, light, electricity, touch) are converted into electromagnetic impulses that are “read” by the body.

- ELF emmit's intensity of output magnetic pulses is in average 220 micro (u) Tesla – that is more than enough to make an impact on the body, especially on cerebellum, which controls our body functions and is a link between our brains and the rest of the body. Resistance of a body is very low, so electricity or in our case magnetic pulses, expands and flow with practically no resistance.

-The intensity of Earth's magnetic field is between 22 and 70 micro Tesla, it means our pulses are in average 3-10 times more intense, what is nothing compared to the radiation of the domestic electric appliances

- Pulsed electro-magnetic field stimulation is a reparative technique in which low frequency electromagnetic pulses are directed through tissue restoring the body's natural abilities. ELF emmit's intensity of output magnetic pulses is average 220 micro (u) Tesla, that is more than enough to make an impact on the body, especially on cerebellum, which controls our body functions and is a link between our brains and the rest of the body. Resistance of a body is very low, so electricity or in our case magnetic pulses, expands and flow with practically no resistance.

-The intensity of Earth's magnetic field is between 22 and 70 micro Tesla, it means our pulses are in average 3-10 times more intense

Thank you for your interest and All the best,

Urban

Breast Cancer: The First Sign Isn't Always a Lump

A new study shows that breast cancer patients often notice early warning signs other than a lump. Here's what they are.

For decades, women have been told to be vigilant for one sign of breast cancer above all others: a lump on the breast. Women are taught how to perform self-exams for lumps as part of breast cancer awareness campaigns.

But the emphasis on breast lumps hides a surprising fact: The first symptom of breast cancer is often something else. In 17% of breast cancer cases, the earliest sign is not a lump, according to a new study.⁴⁰

Scientist Monica Koo led the research. She is a doctoral candidate at University College London. "It's crucial that women are aware that a lump is not the only symptom of breast cancer," she said.

The researchers used data from the English National Audit of Cancer Diagnosis in Primary Care. It involved about 2,300 women who were diagnosed with breast cancer between 2009 and 2010.

The researchers noted exactly what symptom caused the women to see a doctor before their diagnosis:

- 83% had a breast lump
- 7% had nipple abnormalities
- 6% had breast pain
- 2% had breast skin abnormalities
- 1% had breast ulcers
- 1% had other symptoms such as unexplained weight loss, back pain, muscle pain, or a lump in the armpit

Most women who noticed a breast lump went to a doctor within a week. But those with other symptoms were twice as likely to wait 90 days or more before seeking medical attention, the study found.

Here's why this is alarming... If breast cancer is caught right after the appearance of the first symptoms, the five-year survival rate is close to 100%. If a woman waits more than 90 days, the survival rate drops to 72%.⁴¹

Know These Breast Cancer Symptoms

Aside from a lump, here are possible signs of breast cancer:⁴²

- Thickening or swelling of the breast
- Dimpling of the breast or skin irritation
- Red or flaky skin in the nipple area
- Nipple discharge other than breast milk
- Unexplained shrinkage of the breast (especially if on one side only)
- Recent asymmetry of the breasts (It is common for women to have one breast that is slightly larger than the other. But if the asymmetry is recent, it should be checked.)
- Nipple that turns slightly inward or inverted
- Ridges or pitting resembling the skin of an orange
- Lump in the armpit

⁴⁰ <http://www.livescience.com/56790-breast-cancer-symptoms-lumps.html>

⁴¹ <http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-survival-by-stage>

⁴² http://www.nationalbreastcancer.org/breast-cancer-symptoms-and-signs?utm_campaign=Grants%20Education&utm_source=Google&utm_medium=CPC&gclid=CIqY3I3zntACFchehgodW0ALaw

These symptoms don't necessarily mean a malignancy. They often signal a noncancerous condition, such as a cyst or infection. But it is always better to see your doctor immediately than to wait. Early detection just about guarantees survival.

And here's something else you should know about cancer...

A small group of holistic doctors were quietly discovering cancer breakthroughs. Then, when word of their effective therapies started getting out, something terrible started happening... The doctors started disappearing.

Get all the details [HERE](#).⁴³

In Good Health,

Angela Salerno
Executive Director, INH Health Watch

Source: <https://www.instituteformaturalhealing.com/2016/11/breast-cancer-the-first-sign-isnt-always-a-lump/#References>

Re: Kinds of Solar Panels?

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Thursday, October 13, 2016
Subject: [emfrefugee] Re: Kinds of Solar Panels?

Unconnected batteries (which do not have embedded electronics), and unconnected solar panels have no EMF emissions whatsoever. If you react to such things, you are suffering from learned responses from previous real exposures and/or anxiety fueled reactions. Hopper's program can help. If you react to D cell batteries, for example, you are torturing yourself entirely through your own bad brain programming. By hyping your sensitivities up to be your own meter, you have created a sensing system that has now run amuck.

Solar panels are never the problem – but the charge controllers almost always are. Solar panels create clean DC power, but to regulate how much power goes to batteries, solar charge controllers typically switch on and off that power at high speed. The switching process generates bursts of high-frequency emissions or EMI (electromagnetic interference). That radiates on the wires to and from the solar cells and wiring in the panel. In addition, any attached circuitry, such as an inverter, will also generate conducted EMI back onto all connected wiring.

Some high speed pulsing charge regulators will switch full on when the battery is quite low, so don't have emissions until the battery is near full and then they start switching. You can confirm this and any other EMI sources reliably with the Radio Shack 12-467 (ebay only) or SONY ICF-S20MkII (Amazon) AM radios.

Some very simple on-off controllers don't do high-frequency switching. Specialty Concepts makes the ASC line of charge controllers which can be used IF the solar panel(s) are relatively small compared to the battery capacity. If the battery is small compared to the solar panel max charge current, these can switch too much and you'll hear them "motorboating" on the AM radio. Normally, you'll just hear a pop, pop, when it switches, as the battery approaches 80% full.

⁴³ <https://pro.inhresearch.com/THC-VANISHING-2COL-THL-PRO-LIFE-0115/ETHCSB26?email=%7Bemailaddress%7D&h=true>

For my own 120VDC PV/battery bank system, I designed a totally analog charge controller, along with individual battery analog shunt regulators. This approach uses old fashioned big bipolar power transistors and big heat sinks. Analog control throttles the power transistors instead of switching, generating no pulsed EMI at any time during battery charging. The panels and output power are clean DC and are not bothersome at all. The problem is that I have not found a company interested in producing this; the market is too small, and I'm far too impaired to run a business.

From:
To: emfrefugee@yahoogroups.com
Sent: Friday, October 14, 2016
Subject: [emfrefugee] Re: Kinds of Solar Panels?

Bruce,

My sentiments exactly! Where are your other writings? This forum? Website? etc?

As I cleanup my EMF environment, I realize how lower energy EMF is still affecting me. Parallel: Drinking distilled water to become aware of more subtle pervasive water pollution.

Latest progress. Turn off power cable breaker switches in residence whenever possible. I am now able to go to sleep without 'nervousness' and upon wakening in the am, without depression!!

I will probably adjust to this improvement, and then being 'spoiled', will sense more EMF stressors. Darn.

What's odd about my sensing power cables around the residence, is that my general residence EMF is already down to 0.2mG, which shows that EMF meters don't detect everything. The AM radio is valuable and wideband, however.

Jim West
www.harvoa.org

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Friday, October 14, 2016
Subject: [emfrefugee] Re: Kinds of Solar Panels?

Jim, an ELF magnetic field meter that can only measure to 0.1 milligauss is almost useless for ES disabled. Almost everyone with ES is more sensitive than this, and it leads to distrust of meters. A meter that is less sensitive than you are is worse than worthless. Latency becomes an issue as the levels get lower; for example, I can be OK for a day at 0.004 milligauss, but after that headache and depression increase every day.

About 27 years ago I developed my own circuit that could sense down to 0.0001 milligauss. (100 nanogauss) About half a year later at my request Dr. Lee of AlphaLabs made a modification to their Trifield meter to add a 100x external probe. That lets you measure down to 0.002 milligauss or 2 microgauss. This is more sensitive than most with ES. You will find there is a whole world of ground currents (neutral current flowing through earth and aquifers) just below 0.2 milligauss. You can find and fix what you can measure.

Alphalabs 800-658-7030 still makes this available by special order. A warning: A couple years ago Alphalab revised the Trifield meter PCB to surface mount. The new PCB layout is not so hot, and the meter is now quite sensitive to EMI. So you cannot use it near wires with EMI (check with AM radio first); measurements where EMI is present should be at least 2 feet away from wires or pipes. With the 100x external probe (11x1x1 inches) the meter is now a single axis meter.

I'd love to be able to suggest a better, sensitive-to-0.002 milligauss meter than the Alphalabs w/ 100x probe but none exists. If I could find a company to make them I'd be glad to design one for them; what we really need is a single-axis meter with logarithmic display so 1 microgauss to 100 milligauss can be shown on a single display. It needs to be shielded to not be susceptible to e-fields, which also protects the user from amplifier EMI. There is not much more frustrating than finding a capable meter (such as the Spectran) that radiates so much EMI that you can't use it at all.

From: Jim
To: emfrefugee@yahoogroups.com
Sent: Saturday, October 15, 2016
Subject: [emfrefugee] Re: Kinds of Solar Panels?

Bruce,

I attempted to construct an EMF detector circuit with speaker and LED output. It had a wire stub for an antenna and was 'wide-band' detection :)

Though it was primitive, I found that power cable 60hz mains hum, harmonics and capacitance, far outweighed any Wi-Fi frequencies (as EMF stressors).

The ground currents you mention are discouraging.

Alternatively (to meters), perhaps the body is the best meter. Learning how to read our own senses may be the best possibility, with the aid of comparative discussions and meters and the AM radio.

A challenge to the body-as-meter project – is to be able to distinguish ‘emotional depression’ from ‘EMF depression’. Maybe ‘emotional depression’ is a fiction? Maybe pathology of psychology is a fictional endeavor? Maybe we all have the ability to naturally handle most emotional problems without a sense of hopeless loss (a 'depression' message).

??

Jim West
www.harvoa.org

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Saturday, October 15, 2016
Subject: [emfrefugee] Re: Kinds of Solar Panels?

Many of the people I know with very serious life limiting issues around imagined EMFs are those using themselves as the detector. I believe this is too often the path to ruinously programming your sympathetic nervous system to amp up your responses...to both real and imagined exposures. I highly recommend getting decent meters and learning how to use them. Those with an anxiety disorder are an exception...they get worse just thinking about taking measurements.

A coil is needed for magnetic field detection, along with a high-gain, low-noise preamplifier like an OPA37.

Read Karl Riley's book: "Tracing EMFs in home wiring and grounding" to learn more about correcting your home wiring and grounding issues.

Bruce

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Saturday, October 15, 2016
Subject: [emfrefugee] Re: Kinds of Solar Panels?

Jim, if you respond off the list I can send you a 16-page article I wrote many years ago. It doesn't cover microwaves much since there weren't many then, but it does address home wiring errors and the process of finding and fixing them.

As for writing – I find that trying to explain the engineering field of EMC to lay people nearly impossible. Everyone wants things to be as simple as a wheat-free cookie recipe (including me), and it's just not.

From: chocolatechip
To: emfrefugee@yahoogroups.com
Sent: Sunday, October 16, 2016
Subject: [emfrefugee] Different Kinds of Solar Panels

I would still like to know about solar panels, but apparently I must first qualify that what I feel is not only real, but measurable with instruments.

My first introduction to solar panels was 3 or 4 years ago when a small panel made me ill. We walked from the house Josh was renting (Josh Hart of StopSmartMeters.org), crossed the road in front of the house, and continued towards a deck with chairs overlooking the valley. Before I got to the deck I doubled over with pain/nausea and felt the source to my left about 20 feet away. It was a small solar panel on a tall pole. The location was at least 40 feet from the battery bank, controller, and inverter back at the house which didn't bother me much. Josh said the panel measured high on his DC meter.

Where I am currently located the battery bank, controller, and inverter all bother me, but I hardly notice the two large solar panels even when I am close enough to clean them off.

SOMETHING PEOPLE SHOULD KNOW ABOUT SOLAR

Years ago I did a shielding experiment with Reflectix. Rob States ("smart" meter expert and legal witness) suggested I ground the Reflectix. "However," he said "it was up to the electricity whether it would go to ground or fleck off the Reflectix into the air". (This also applies to the special paint people use to try to protect their homes.) I later learned people living downwind from wind turbines have more health problems, and again this is due to electricity flicking into the air. It follows that people with solar panels on their roof will have increased health risks.

Solar panels should not be over a living area, but instead mounted away from the house. One woman had to mount panels 300 feet from her home because that was how far it took before she could no longer feel them. Another friend cannot be near solar panels without intense pain, and while she somewhat successfully lives amongst 'smart' meters – I have seen this woman pick out which strangers have a cell phone hidden in a purse (and those who do not) from feeling it 50 feet away.

That EHS man in Sweden living in the middle of nowhere says he feels things such as AAA, AA, C and D batteries. I believe him.

BACK TO MY QUESTION

I would like to buy a new solar panel that won't make me sick. Does anyone know if a certain kind or brand of solar panel is better?

Chocolate Chip

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Sunday, October 16, 2016
Subject: [emfrefugee] Re: Different Kinds of Solar Panels

Dear Chocolate Chip,

There is no such thing as a 'better' solar panel. None generate EMFs themselves. The problem with emissions is always from the connected equipment. You might ask which charge controller or inverter system is better, but alas I can't answer that one well. The older Sunny Boy inverters with transformers were known to be better for lower emissions, but they have phased these out in favor of transformerless units in order to compete for price with the other junk on the market. You aren't specifying what you are trying to accomplish; grid tied, off grid, camper trailer, etc.

There are real engineering-type power filters that can be used between the charge controller and the solar panels to reduce high frequencies so that the panels don't radiate. This doesn't work for the grid tied systems, since now most have electronics added at each panel which generate plenty of high-frequency EMI. So it is not necessary to remote the panels so far if proper high-performance filtering are used appropriately.

Reflectrix is less than ideal for shielding as the aluminum layer is now microscopically thin, under the mylar film. There is no aluminum on the outside, as there once was on these products. You can't ground it well since you cannot connect to the metal layer. It will still work as a reflective shield. All metal films, metals, and metalized or carbon filled fabrics work primarily by reflection, whether grounded or not. But reflection does not amplify; the signal is reduced as there is always some absorption and scattering.

Batteries in themselves do not generate any EMF, just as pieces of metal or unpowered electronics do not. Someone who thinks they do is just wrong. Someone might have a reaction based on fragrances or pesticides or chemicals used to make the batteries, that would be indistinguishable from their 'EMF reaction'. But batteries in themselves do not generate any EMFs! A disconnected battery has no current flowing, and no oscillations of any kind so can't generate EMFs. Emission strength is a function of current times frequency times the current loop area. This is true at the electrical component, circuit board level, and at the neighborhood level. It also explains simply why clean DC with a purely resistive load like incandescent bulbs or a crock pot had no EMFs; the frequency is zero, so no emissions. Same DC system running a DC motor generates lots of EMFs because the motor draws current pulses at say 1000Hz, and with each start and stop of the pulse there is arcing which generates broad spectrum EMI.

People can have a real reaction, equally painful or disturbing, that is entirely triggered by imagined EMFs. There is also a great deal of crossover to chemical sensitivities which tend to have identical symptoms over time, and make it very hard to determine the true cause of your reaction. Stress causes fat-stored xenobiotics to be released into the bloodstream, which can then trigger physiological symptoms identical to previous exposures. It can be very difficult to identify the true cause of various symptoms.

Humans tend to resort to superstitions when presented with unknowns and complexity. I understand that, but it frustrates the hell out of me.

Bruce

Save Landlines Conference Call 10/11/2016

From: InterLinked CEO <wirelessaction@outlook.com>
To: "savelandlines@groups.electricembers.net" <savelandlines@groups.electricembers.net>
Cc: "stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>
Sent: Friday, October 14, 2016

Subject: [savelandlines] Save Landlines Conference Call 10/11/2016 1:15pm Pacific

These were the primary talking points for this past Tuesday's conference call for those that could not attend, in no particular order:

- Desktop vs. laptop magnetic fields - not Wi-Fi (if anyone would like to comment, please do)
- Off-grid living: one day on-grid may be the backup, not the norm
- Flyers/action letters to our neighborhoods and communities
- Direct action – pledge petitions (user commits to taking direct action somehow)
- Problems with air transport, automobiles
- Future updates to the Stop Smart Meters and Save Landlines websites
- Upgrades to the Stop Smart Meters Toll-Free # (cheaper price, advanced auto-attendant, etc...)
- Working with the Unions, especially now that Verizon has essentially prohibited its employees from doing their job

Unfortunately, these were all the notes I had – next time I will more carefully document our minutes,

At this time, we are still deciding on a date for the next call, but it looks like it would be in early-mid November. An email will be sent out as we get closer – please consider joining the call next time – it was a little lonely with just the 3 of us this month! No need to hesitate or be afraid! We have the calls so we have a collaborative time to discuss tactics, strategies, and ongoing progress.

Are you annoyed by all the people you see around town using cell phones? Print out these cards to make them aware of the dangers of wireless technology (8 per sheet, double sided, does not need to be in color):
<https://wirelessaction.files.wordpress.com/2016/09/disposable-health-risk-cards1.pdf>

Naveen Albert

CEO, InterLinked Project - www.interlinked.x10host.com

Member, Save Landlines/Stop Smart Meters Coalitions - www.savelandlines.org ; www.stopsmartmeters.org

Cell phones, cordless phones, and Wi-Fi have been linked to cancer and other negative health effects. Learn more, sign petitions, and take the survey at <https://wirelessaction.wordpress.com/>

"Getting rid of your landline is like getting rid of your refrigerator and using a cooler"

"Getting rid of your landline is like disconnecting from the water utility because they sell bottled water at the store"

This message was sent safely and securely over an Ethernet cable.

You received this message as a subscriber on the list:
savelandlines@groups.electricembers.net

Take Action: Wi-Fi – an accessibility barrier

From: Andrew Michrowski paceincnet@gmail.com Oct 14

----- Forwarded message -----

From: Webmaster <webmaster@electricalpollution.com>

Date: Fri, Oct 14, 2016

Subject: Take Action: Wi-Fi – an accessibility barrier

To: Webmaster <webmaster@electricalpollution.com>

If you are experiencing environmentally induced functional impairment from wireless technology (a.k.a. radiofrequency sickness, electrotoxicity, etc.), please take a moment to participate in the listening sessions below. Environmentally-induced functional impairments are covered under the 2008 ADA Amendments.

It is imperative that they hear from as many people as possible with narrow specific needs, e.g., no wireless, especially Wi-Fi, in public buildings and public spaces, especially medical facilities. If you have time and are able to do so, please back up your story and the need for wireless-free public buildings and public spaces with research. If not, your story and the stated accessibility barrier are sufficient.

There are multiple ways to participate: in-person, by phone, and by email. Please participate in the way that works best for you. If you participate in-person or by phone, you will have a 5-minute time limit on your comment. You will also need to register. They ask that you please a written copy of your comments (or main points) as well, if possible. That way there is a permanent record of your views that can be included in the final report.

Please send a copy of those comments to your National Congressional Delegation (2 Senators and 1 Representative) Look them up at: http://www.senate.gov/general/contact_information/senators_cfm.cfm and <http://www.house.gov/representatives/>. Ask that they stop funding wireless broadband, repeal section 704 of the 1996 Telecommunications Act, give the EPA authority to establish population-based biologically-protective limits for wireless radiation, and ban Wi-Fi from public buildings and public spaces. They need to hear about this continually from everyone before they will act. Only rarely do people take action on new information the first time they hear it.

Thank you for taking the time to participate. Change will not happen without your active participation.

Best, Catherine

<http://neweditions.net/meetings/nidilrr-stakeholder-listening-session>
NIDILRR 2018-2023 Long-Range Plan
Stakeholder Listening Session

The National Institute on Disability, Independent Living and Rehabilitation Research (NIDILRR) will be hosting a number of listening sessions across the country to help inform future funding priorities and strategic direction. Mandated by Congress to develop a Long Range Plan every five years, the agency aims to continue to be responsive to the needs of key stakeholders – especially people living with disabilities.

“We fund some of the most talented and innovative researchers and technology developers in the country,” said NIDILRR Director, John Tschida. “We need to make sure that this research and development focuses on improving the everyday lives of people with disabilities.”

NIDILRR will hold three-hour public meetings in the following locations. The meetings will be held from 10:00 a.m. – 1:00 p.m. local time. You can attend in person, listen by phone or provide comments by email.

October 14, 2016

U.S. Department of Health and Human Services
Bryon G. Rogers Federal Building
1961 Stout Street
Denver, CO 80294
Longs Peak Conference Room A&B

October 28, 2016

U.S. Department of Health and Human Services
90 7th Street
San Francisco, CA 94103
Rooms B-020 and B-040

November 1, 2016

U.S. Department of Health and Human Services
233 N Michigan Avenue
Chicago, IL 60601
13th Floor Conference Room

November 18, 2016

U.S. Department of Health and Human Services
John F. Kennedy Federal Building
15 New Sudbury Street
Boston, MA 02203
Conference Room 900A

December 5, 2016

U.S. Department of Health & Human Services
1301 Young Street
Dallas, TX 75201
Rooms 914, 915 and 916

Note: Please be prepared to show a government issued photo ID (e.g., driver’s license) and go through a security check point to access the building at each location.

Attendees should come Prepared to Answer the Following Questions:

What issues (barriers) make it challenging for you to be an active member of your community?

What improvements (name the top one or two) would make your daily life better?

What has changed, for better or worse, in the last five years that has affected your ability to achieve your goals?

“No subject is off limits during these conversations,” Tschida said. “People with disabilities lead diverse and complex lives. Understanding those details will help us determine how our future research and development opportunities should be focused.”

Note: If you are planning to attend in person and would like to present comments, you will have 5 minutes to present. Please bring a written copy of your comments to the meeting so that we can maintain them as part of the record for the meeting.

NIDILRR’s Mission

NIDILRR’s mission is to generate new knowledge and to promote its effective use to (1) improve the abilities of individuals with disabilities to perform activities of their choice in the community, and to (2) expand society’s capacity to provide full opportunities and accommodations for its citizens with disabilities.

Examples of NIDILRR project successes include:

- Ensuring that accessibility features are incorporated into new and developing technologies, including internet browsers, computer operating systems, and mobile phones.

- Developing the principles of universal design to ensure the built environment is accessible to everyone, regardless of their abilities.

- Developing and growing model systems of rehabilitation to improve the functional abilities and long-term social participation outcomes of those with disabilities.

- Supporting the maturation of the Americans with Disabilities Act (ADA) national network that provides training and technical assistance to businesses, individuals, units of government and others.

Attendance by Phone (New Phone Number)

Phone Number: 1-866-952-7534

Pass Code: 78632

You will be allowed to provide comments by phone and to join in the discussion. The phone line will be managed by an operator who will welcome you to the meeting and let you know when it is time for you to provide your comments or participate in the discussion.

If you require participation by CART (Communication Access Realtime Translation) service, please let us know by checking the box on the registration page. A web-link to the real-time CART transcript will be emailed to you prior to the meeting date.

Provide Comments by Email

NIDILRR will accept written comments via email at NIDILRRfuture@acl.hhs.gov. Please submit your comments by December 12, 2016.

Registration (only required if you plan to attend in person or listen by phone)

Register Online. You can also register by fax at 703-356-8314 or by phone at 703-356-8035 ext. 105. Please register today!

For questions or assistance with registration, contact Robin Toliver, New Editions Consulting, Inc., 703-356-8035 ext. 105.

Protecting my health and that of others by using a hardwired computer in a low RF environment. For more information, see www.electricalpollution.com

Ways Donald Trump is Like Verizon

From: C <savelandlines@groups.electricembers.net>
Cc: SBRINCHMAN@aol.com; maureen@stopocsmartmeters.com;
stopsmartmeters@groups.electricembers.net; savelandlines@groups.electricembers.net
Sent: Friday, October 14, 2016
Subject: Re: [savelandlines] [stopsmartmeters] Ways Donald Trump is Like Verizon

The media and the top two political parties in the USA seem to work as one unit, blocking the Green party.

Whereas over in Canada, the Green party coverage is carried by media, and even though they only have a very small percentage of people in Ottawa, the media at least gives them a bit of a chance. Media here – CTV is owned by Bell, CBC is run by the Canadian government.

The leader of the Green party in Canada is Elizabeth May, and she is aware of EHS, EMF and smart meters.
https://en.wikipedia.org/wiki/Green_Party_of_Canada

Here is Dr. Havas and Elizabeth:
<https://vimeo.com/27082111>

<http://www.theglobeandmail.com/news/politics/elizabeth-may-wages-war-against-wifi/article617404/>

Question 1: Has anyone approached the USA Green party about RF and actually gotten their opinion?

I saw Josh had an article that mentioned members of the Green party disagreed with SM, but didn't mention any names.

<http://stopsmartmeters.org/2011/11/01/pge-begins-removing-smart-meters-due-to-health-effects/>

Question 2: Are there any good honest websites showing the real polls including Green to see what their voting potential may be?

Perhaps a mention on TBYP emails could help?

https://en.wikipedia.org/wiki/Green_Party_of_the_United_States
<http://www.gp.org>
Green web manager at wbmgr@gp.org

If Green USA mentioned the issue on video, it was shared with many in the next week, who knows might help.

From: Joshua
To: j
Cc: stopsmartmeters <stopsmartmeters@groups.electricembers.net>; savelandlines <savelandlines@groups.electricembers.net>
Sent: Wed, Oct 12, 2016
Subject: Re: [savelandlines] [stopsmartmeters] Ways Donald Trump is Like Verizon

So we have two corrupt politicians, one a disgusting fraud with zero empathy bragging about sexual assault, and flinging racist and sexist remarks around, and the other a war hawk cozying up to Wall Street and the pharma/telecom companies.

I think Isis is right – it's time to look at third parties. If you are looking at wireless harm and preservation of landline infrastructure, Jill Stein of the Green Party would represent these interests far more than the two major parties – that is for sure. A vote for the candidate who best represents your opinions is never wasted.

Unfortunately the mainstream media and the system are afraid of these voices and attempt to erase them from the race.

J

On Oct 12, 2016 j wrote:

The profound tragedy is that ~the exact same thing~ can be said regarding Hillary Rodham Clinton – a walking pay-to-play political machine (neocon now) with a provable body count of at least 500,000 human souls attached to her actual decision making as a political figure (Afghanistan, Iraq, Pakistan, Yemen, Libya, Syria, for starters). I recognize that murdered people really don't factor into the 'crude and classless' equation as long as they are mostly brown-skinned and unseen, especially when a large part of the tally happened during the "Nobel Peace Prize winning" President.

But we know, the significance attached to 'rhetoric' (as distasteful and disturbing as it is, yes) always trumps actual record' – no matter how bloodcurdling and heinous it may be.

Oct 12, 2016 SBRINCHMAN <stopsmartmeters@groups.electricembers.net> wrote:

Isn't it totally clear how dangerous and insane Donald Trump is? How crude and classless? How unable to be elected president? Our country will go down the toilet as did Germany and Russia if a person like this could be elected. It is a disgrace that he has gotten this far.

10/10/2016 j writes:

Oh she is definitely corrupt also; don't get me wrong. But Trump is truly dangerous in a nuclear war type of way.

I thought of # 6 and #7 for Verizon/ Trump also:

6. They both believe they are above the law

7. They are both addicted to money (as well as possible other substances sniff..sniff..)

There are other candidates on the ballot also – let's not play into and contribute to the media exclusion of those candidates.

J

Oct 10, 2016 Concerned Citizen! wrote:

And Hillary is not corrupt.

Maureen

StopOCSmartMeters.com

Facebook: Stop OC Smart Meters

Twitter: WirelessFreeZn

Sent from a wired computer

Oct 8, 2016 J wrote:

Come on people – help me out here – any more?

1. Donald Trump and Verizon both would like to ‘access’ you in violating, illegal and unpleasant ways.
2. Donald Trump and Verizon have both built empires on abusing the vulnerable.
3. Donald Trump and Verizon both spout lies and spin constantly.
4. Donald Trump and Verizon are both hazardous to your health.
5. Donald Trump and Verizon fire workers or refuse to pay them for doing their jobs.

...???

Sent from my safer, wired computer

Josh Hart MSc

Director, Stop Smart Meters!

<http://StopSmartMeters.org>

PO Box 682 Portola, CA 96122

Toll-Free Hotline: (888) 965-6435

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Sent from my safer, wired computer.

5G tower 50m-500m. Verizon abandons cell tower plans for Fallbrook

From: Angela

Sent: Saturday, October 15, 2016

Subject: 5G tower 50m-500m. Verizon abandons cell tower plans for Fallbrook

One 5G cell tower for every 50m to 500m

<https://insidetowers.com/cell-tower-news-5g-predictions-future-cell-base-stations-every-50-500-meters/>
(Thanks Ray for sending)

50m is 54 yards. Average house lot widths are about 80-90ft, so 50m is about two house lot widths.

Please read the following 2 very important articles regarding a rejection for Verizon cell towers and reasons
(Thanks Theodora for sending)

----- Forwarded message -----

Yesterday, The Fallbrook and Bonsall Village News reported that San Diego County Land Use administrators and Fallbrook residents' concerns have led Verizon to abandon its cell tower plans for Fallbrook. Their recommendations to Verizon for changes included, "More reasonable notices to the residents who surround the proposed cell sites giving them time to review the plans and to give input long before a permit request goes to the county." <http://villagenews.com/opinion/residents-concerns-lead-abandonment-cell-tower-plan/>

On September 30th, The Fallbrook and Bonsall Village News also reported on a previous public meeting on the issue, explaining Verizon's plans include a combination of macro and small cell sites. The residents' concerns included the safety of emergency responders and other workers who might be exposed to high-power RF radiation, not knowing that they were in close proximity to wireless antennas attached to buildings or concealed in/on structures. One resident brought up concerns for the agricultural zone that was the proposed site. "There is a good reason that agricultural zone are non-preferred for cell towers. "Bees' sensitive navigation systems become confused in the presence of strong cell tower emissions. They are unable to find their way back to the hive and eventually die. We need our bees to pollinate our orchards, and we should insist that the cell providers respect our agricultural zoning requirements.

<http://villagenews.com/local/fallbrook-residents-demand-voice-cell-phone-tower-placement/>

Over 100 studies on Health Effects of Wi-Fi

From: Angela C.

Sent: Saturday, October 15, 2016

Subject: Over 100 studies on Health Effects of Wi-Fi

Attached is a list of over 100 scientific studies on health effects of Wi-Fi put together by Kevin Mottus (California Brain Tumor Association).

To reduce exposure, use ethernet connection as preferred connection method (also faster and more secure), use Wi-Fi as little as possible, turn routers off when not in use, and don't spend a lot of time close to one.

Wireless devices should be in airplane mode when not using the internet, and devices should be set on a table and not on your lap or in your hand during use. If watching a movie, download it, then turn on airplane mode before watching. Don't keep devices in your pocket or elsewhere next to your body.

You can watch this video from the government of Cyprus for more tips

<https://www.youtube.com/watch?v=H43IKNjTvRM>

or if you're pregnant or planning on pregnancy, please watch this one as well from Babysafeproject.org, put together by scientists and MD's <http://www.babysafeproject.org/the-science.html>

Here's the table of contents, organized by effect:

Health Effects	Pages
Effects on Brain and Neurons	Pages 2-18
Effects on Eyes	Pages 18-24
Effects on Fertility and Reproduction	Pages 24-28
Effects on Pregnancy	Pages 29-32
Cancer	Pages 32-35
Effects on Children	Pages 35-36
Effects on Hormones	Pages 36-37
DNA Damage	Pages 37-40
Effects on the Heart	Pages 40-41
Inflammation	Page 41
Effects on Blood	Pages 41-44
Oxidative Stress	Pages 44-46
Effects on Wellbeing	Pages 47-48
Effects on Whole Body	Page 48
Effects on Bone Marrow	Pages 48-51
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Cell Effects	Pages 52-57
Effects on Behavior	Pages 57-59
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Effects on Protein	Page 60
Electromagnetic Hyper-Sensitivity	Pages 60-63
Effects on Critical Organs	Pages 63-65
Effects on Sleep	Page 65
Synergistic Health Effects- RF and Other Agents	Pages 66-68
Effects on the Environment	Page 68-69
Miscellaneous Effects	Pages 69-73

From: Joel MOSKOWITZ

Date: Sun, Oct 16, 2016

Subject: Re: Fwd: Over 100 studies on Health Effects of Wi-Fi

To: Andrew Michrowski <paceincnet@gmail.com>, Angela C

Most of the studies in the attached document do not examine the effects of Wi-Fi. These studies could perhaps be called 'Wi-Fi like' studies. Thus, it would be best to describe the collection of studies as 'Wi-Fi and Wi-Fi-like studies' to avoid criticism.

Although most studies examine the effects of exposure to a radiofrequency signal at 2450 MHz, Wi-Fi requires certain types of modulation and pulsing that depends upon the specific Wi-Fi protocol being tested.

Some so-called Wi-Fi studies pulse the carrier frequency at 217 Hz, but this too is not Wi-Fi. (GSM cell phone radiation is pulsed at this frequency, not Wi-Fi.) Apparently, there is confusion among some researchers and journal reviewers which enables these 'Wi-Fi like' papers to misrepresent themselves as Wi-Fi papers.

Although I have not read all of the studies, I believe the peer-reviewed research examines only the effects of Wi-Fi at 2.4 GHz. So we do not yet know the effects of exposure to Wi-Fi at other frequencies in use (3.6 GHz, 4.9 GHz, 5 GHz, and 5.9 GHz bands).

From: Andrew Michrowski <paceincnet@gmail.com>
Sent: Monday, October 17, 2016
Subject: Fwd: Fwd: Over 100 studies on Health Effects of Wi-Fi

Please note observations – and observe the necessity of detail to the composite nature of wireless technologies, their superimposition and complementarity in biological significance + plus the whirlwind of activities in their spatial distributions, ricocheting, beaming, intensification with other frequency bands, absorption, etc.

We thank Dr. Joel Moskowitz for this erudition.

Andrew Michrowski

Learned EMF sensitivity

From: Andreas
To: emfrefugee@yahogroups.com
Sent: Sunday, October 16, 2016
Subject: [emfrefugee] Learned EMF sensitivity

“Many of the people I know with very serious life limiting issues around imagined EMFs are those using themselves as the detector. I believe this is too often the path to ruinously programming your sympathetic nervous system to amp up your responses...to both real and imagined exposures. I highly recommend getting decent meters and learning how to use them. Those with an anxiety disorder are an exception...they get worse just thinking about taking measurements.”

Posted by: Bruce

I know several doctors that of the Seattle school, can't remember the name, which get EMF sensitive due to having amped up their sensitivity to EMF as they use this sensitivity to diagnose their patients. One is a brain surgeon.

There are also some odd meditation types, one which I won't name is in Seattle, which give EMF sensitivity to almost all its members. They focus on increasing sensitivity. One guy I talked with worked in Microsoft so he was at the end of his rope as he had grave trouble working now. This group praised those that gave off a great aura as 'developed and devout'.

Then again there are old Qi Gong types of trainings that practice energy healing in balanced ways without creating EMF sensitivity. My favourite is Dahn Yoga. They were very healthy and had no EMF, and were seen as practically evil by the unnamed Seattle group because they didn't radiate light and were therefore not 'bathed in the light of god' or some such.

It's been shown that both thin and obese people radiate off more light (UV or IR) than normal size people, i.e., healthy people radiate less, i.e., lose less energy. Regrettably I don't have a link to this as this should be a future diagnostic method.

And further, I believe the Dahn Yoga-like training can be developed to re-balance the energy system in the EMF sensitized body and help cure the disease. It's a few thousands of years old and its name means something like 'energy health practice' and is of course related to acupuncture school of medicine.

Jack Kruse (Kruze?), one among many interesting people, a brain surgeon, has interesting ideas about the energy system and how it works. The concepts of red vs blue light and its influence on the hormone system as well as on the energy circuit of the body, which should be of interest to all electrical engineers, coupled with which type of food are best suited to the amount of light you get (also related to D vit). Other people are Jerry Tennant and of course Professor Gerald Pollack, among many more. But Jack Kruse has some simple tactics like using red light.

One simple thing that people can try in order to reduce headache from EMF is to buy a Himalayan Salt Lamp. One part of EMF sensitivity which is often overlooked is how it create positive ions in the air. The lamp create negative ions in a gentle way (as opposed to many ion generators that are just plain horrible) that greatly reduce the positive ions and its burden upon you. EMF is as much a toxic diagnosis as a pure EMF diagnosis. In addition, the lamp creates red light, possible a usable light by Kruse's standards and thereby have a double function.

As to anxious people. They have an elevated stress hormone level which is at the core of all disease. They should reduce all stress activity as much as possible, including stress exercising, and learn pre-emptive resting, breathing techniques, etc. and try to remove all infections and inflammations from their body as this generates a glutamate release. Then they should remove all addiction foods or behaviors, as this furthers the disease.

Russell Blaylock, another brain surgeon, has an excellent video somewhere obscure on the net where he lists sources of glutamate neurotransmitter triggers, which is the stress gas pedal of the body, one of the main causes of disease and imbalances, including energy/EMF imbalances. The problem with high stress people is that they're very often incapable of taking in an idea and understand it as their mind can't calm down and analyze and instead they go for their same old ideas they always think and which hasn't lead them to a solution yet.

Odd how many brain surgeons get down into real medicine. I wonder if the nature of their work which requires their brains to be exceedingly calm and balanced in order to do their work properly, spill over into their scientific thinking so they think more calmly and clearly about medicine.

Nikola Tesla said once that many people can think deeply and complicated (in reference to Einstein which he opposed), but what is needed is to think clearly.

In brain science, it's known how stress hormones cause your thoughts to go straight to your impulsive conclusion without going the roundabout way in your brain which is your logical and critical thinking. Which is natural, you don't want to have a philosophical discussion of whether to turn right or left when you have a tiger chasing you. With elevated stress hormone levels, even at vastly lower than when a tiger is chasing you, you will still have some of this jumping to conclusion thinking. Only if you can calm yourself down extremely much, will you be able to think clearly, as Tesla puts it.

I think brain surgeons have trained themselves to be extremely good at calming their mind.

Which is why of course, the ancient Greek scientists secluded themselves into a quiet room when they wanted to do good work. They coined the term 'atom' as well as make the steam engine several hundred years before Christ.

Another interesting aspect is why many of the best scientists in history have had very poor health, as this can collapse your stress hormone system to a degree where you are almost blocked from making presumptions and instead think through both the foundation and every step forward with the utmost critical thinking. Many of the good kings and emperors also had really poor health – Caesar Augustus, King Alfred.

Even today some few people, mainly eastern, willingly force themselves to have a collapse of stress hormone in order to be able to think without the hindrance of stress hormones.

And in mythology before our history began, you will always find that various gods gained wisdom by being on the brink of death. It seems natural that it entails a collapse of stress hormones.

Nothing new under the sun.

Andreas

Note, I've tried thinking both with and without stress hormones and in my experience you will have a very poor evaluation quality and thinking quality with high general stress even if you are able to do math very well and with extremely low stress you will experience a kind of thinking that will forever stick in your mind and which you can emulate most of the time, at least to a degree. It's like having learned what a real home cooked meal should taste like. You can put your mind into that mode and I would assume brain surgeons can do that at will.

The problem is that with chronic stress free thinking, you also have apathy as stress hormones are necessary in order to act. So I recommend being a brain surgeon over chronically ill ☺

From: Bruce

To: emfrefugee@yahoogroups.com

Sent: Monday, October 17, 2016

Subject: [emfrefugee] Re: Learned EMF sensitivity

Alas, the Himalayan Salt lamps have been proven to NOT generate measurable negative ions of any significance. They work only by placebo effect.

I love negative ions (feel markedly better in and after showers or near fountains or moving water) and wish there was a way to generate them without the nasty EMI from the typical diode ladder circuit-based electronic ones. If it wasn't for the mold and pump noise and ELF magnetic fields, I'd have a small fountain in every room of my home.

Bruce

From: Andreas

To: emfrefugee@yahoogroups.com

Sent: Tuesday, October 18, 2016

Subject: Sv: [emfrefugee] Re: Learned EMF sensitivity

When you say that it doesn't emit negative ions of any significance, do you factor in hygroscoopy?

<https://en.wikipedia.org/wiki/Hygroscoopy>

The point being that if you draw in positive ions by hygroscoopy and neutralize them, you will not need to have an emission of negative ions in order to neutralize positive ions as the positive ions come to the lamp.

And the main question, have you tried a Himalayan lamp yourself or are you basing it on what you read? I find it very valuable to know this.

The red light is one out of an unknown number of possible effects that one may or may not have read about. It may have the same effect as walking around with red(red/yellow) light glasses, which has dramatic effects on some ADHD people, simply because blue light trigger stress hormones and red light (= sunset) lowers stress hormones.

From personal experience, although a short period so far, it helps. My cousin's wife has had tremendous aid from it, being wracked by chronic headaches but is now free of all headaches for years.

Placebo is one of the weakest explanations one can have even if there is a possibility that it's true. It might be as simple as red light, like Jack Kruse talks about. It might be other things.

Generally placebo works for a short period of time. And the stronger placebo effects you want, the stronger emotions you have to attach to it. In those cases it's often simply a release of stress hormones. That does not do much good over time.

Another placebo effect is the safety effect. When you feel safe, you reduce your stress hormone level which will aid you over time. Normally this is when you feel taken care of by a doctor, family or similar. But if it's not doing enough, this effect will evaporate.

Placebo is generally used as a blanket explanation to everything that doesn't meet a cursory glance and for that reason alone it's something that should not be used lightly.

At least one much know what placebo really is, i.e., stimuli of neurotransmitters, i.e., the natural human mental and emotional reaction system which is tied to the immune system. It originates in the genes and is an expression of darwinistic survival tactics where certain settings and images, whether social or physical will trigger certain responses. For instance, a bear cub that has never seen a boar in his life, will be deathly afraid of any shape that looks like a boar, even a cardboard shape. If this cardboard shape is laid on the ground, the cub lose all fear of it and can play with it. Or a human will feel discomfort by seeing a building, say a skyscraper that is tilting. This effect is used in paintings to trigger effects and is often an integral part of modern art. This is also used in feng shui, the Chinese art of creating a pleasant living environment, i.e., creating a permanent positive 'placebo' effect, i.e., a natural positive genetic based recognition effect that lowers stress and increases well-being. Some animals, say a tiger, has little or no positive 'placebo' effect from being in a group of individuals. Herd or group animals, including humans have this genetic 'placebo' effect.

You may know much or all of this, but in my experience, most of even the famous alternative doctors do not take this seriously, creating their clinics in high-stress environments instead of trying to maximize a natural relaxation mode. And it's because they don't really know what placebo means, nor really how the neurotransmitters work (read Fred von Stieff!). IMO, in today's world, placebo is a toxic word creating more problems than it solves.

Best,
Andreas

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Tuesday, October 18, 2016
Subject: Re: Sv: [emfrefugee] Re: Learned EMF sensitivity

Hazards of Cell Phones, Wireless Devices, Etc – Book Four 130

December 14, 2016

Even the briefest internet search will show that salt lamps don't affect ion levels measurably.

I hope your benefits from it will continue, however it is helping.

Bruce

From: Andreas
To: emfrefugee@yahoogroups.com
Sent: Friday, October 21, 2016
Subject: Sv: Re: [emfrefugee] Re: Learned EMF sensitivity

Some LED lights are good. I can't recall which ones. I think you need to use an oscilloscope to get proper results, but this is only based on reading that some electrical engineers interested in EMF sanitation use it.

Typically this is what the EMF community should gather information about but never does. Where is the list of non-EMF electric articles? I've said it before, it's what's needed to make the producers realize that there is a preference for these products. One only need to change the purchase pattern of one single company half a dozen percentages of increased sale for one single product to make them notice. So if 100 000 EMF people across all international forums began buying one particular low EMF LED light, that would be noticed.

Andreas

Even with the LEDs on direct DC from a battery, I HATE warm and daylight LED light. It made me realize that not all of my problems with fluorescent lights is EMF. I actually 'see' and feel flicker, though I know there is none!

White LEDs are a dab of phosphor over a UV LED. Same light as fluorescent lights. The light spectrum plots don't look anything like sunlight or an incandescent bulb, they have spikes and gaps.

Most of the commercial LED lamps are EMF hell – a tiny cheap switching power supply in the base. They are screamers and a good (crappy tuner) AM radio. They work fine on my 120VDC home power, but I can't stand them. I decided that soft white incandescent bulbs are the pinnacle of all lighting technologies, and have a lifetime supply of 60 and 100 watt bulbs.

One of my friends can tolerate them fairly well and uses the direct 12V types in his 12V-only off-grid home. He prefers the incandescent bulbs but uses them to conserve power.

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Friday, October 21, 2016
Subject: Re: Sv: Re: [emfrefugee] Re: Learned EMF sensitivity

There are no screw-in LED bulbs that do not have serious EMI problems due to their tiny cheap switching power supply. There are only people using the wrong meters who don't really understand what they are measuring.

Bruce

From: Bonnie
To: emfrefugee@yahoogroups.com
Sent: Friday, October 21, 2016
Subject: Re: [emfrefugee] Re: Learned EMF sensitivity

Thanks so much for the feedback. I'll go for the incandescent bulb with 12-volt battery and inverter then.

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Friday, October 21, 2016
Subject: Re: [emfrefugee] Re: Learned EMF sensitivity

Bonnie, you won't like an inverter one bit. You can get 12V incandescent bulbs at Walmart, screw into the normal lamp base, but obviously need 12V instead of 120.

Let me know what you're planning and maybe I can be a better help. Email me.

From: Bonnie
To: emfrefugee@yahoogroups.com
Sent: Saturday, October 22, 2016
Subject: Re: [emfrefugee] Re: Learned EMF sensitivity

Not sure I'm understanding exactly what your idea is. I thought to get small motorcycle (sealed type) connect either 12-volt incandescent bulb (in a small lamp stand to it. OR regular incandescent with the inverter.

Tell me more why with the inverter I won't like it. I'm assuming the EMF's are intensive with it?

Bonnie

From: Jackie
To: "emfrefugee@yahoogroups.com" <emfrefugee@yahoogroups.com>
Sent: Saturday, October 22, 2016
Subject: [emfrefugee] Re: Learned EMF sensitivity

I had begun to wonder about this possibility: In the process of "Why me?" I discovered that cancer survivors who had radiation treatments almost always end up very reactive to more radiation. My crash came when cell phones went to 3G. I worked in a health food store located in a mall with 2 Verizon towers. Now live in the country, but reactions going back to city are worse. Hence my questioning learned sensitivity.

Anyone else here have had radiation treatment for cancer?

Jackie

Mercola on Light quality including EMF

From: Andreas
To: emfrefugee@yahoogroups.com

Sent: Monday, October 24, 2016

Subject: [emfrefugee] Mercola on Light quality including EMF

> Alas, the Himalayan Salt lamps have been proven to NOT generate measurable negative ions of any
> significance. They work only by placebo effect.

Some more on light. As Dr. Mercola notes, harmful light is less harmful when you have near infrared light mellowing out the harmful light (as Dr. Kruse talks about), which may be why 8000 people on Amazon have left a favorable report on Himalaya Salt Lamps. Personally I notice that it has changed the smell of the air in my house as so many others. I think I should put it on the TV or near the computer to counter the blur light for optimal effect.

Also some ideas on DC Halogen light.

Andreas

By Dr. Mercola

Can light affect your health? In this interview, Dr. Alexander Wunsch, a world-class expert on photobiology, shares the hidden dangers of light-emitting diode (LED) lighting that most people are completely unaware of. In fact, this could potentially be one of the most important video interviews I've done, as it has enormous impacts – not only on preventing blindness as you age, but it is also a pervasive hidden risk factor for sabotaging your health.

Largely as a result of energy efficiency, there's been a major transition to using LED as a primary indoor light source. In this regard, it worked like a charm – reducing energy requirements by as much as 95 percent compared to incandescent thermal analog sources of lighting.

However, the heat generated by incandescent light bulbs, which is infrared radiation, is actually beneficial to your health, and hence worth the extra cost.

There are major downsides to LEDs that are not fully appreciated. LED lighting may actually be one of the most important, non-native EMF radiation exposures you're exposed to on a daily basis.

If you chose to ignore these new insights, it can have very serious long-term ramifications. It could lead to age-related macular degeneration (AMD), which is the leading cause of blindness in the United States and elsewhere.

Other health problems rooted in mitochondrial dysfunction may also be exacerbated, and these run the gamut from metabolic disorder to cancer.

What Is Light?

The definition of light, as applied to artificial light sources, is rather distinct. Visible light is only between 400 nanometers (nm) and 780 nm, but 'light' is actually more than just what your eye can perceive. As explained by Wunsch:

"When we look at sunlight, we have a much broader spectral range, from somewhere around 300 nm up to 2,000 nm or so. For our energy efficiency calculation, it makes a big difference if we are talking about this broad natural range or if we are only talking about ... vision performance

[T]he definition that we are only looking at the visible part of the spectrum [given in the 1930s] ... led to the development of energy-efficient light sources like the fluorescent lamps or what we have nowadays, the LED light sources, because they are only energy efficient as long as you take the visible part of the spectrum [into account] ...

[F]or example, [lamps providing] phototherapy with red light can be used in medical therapy to increase blood circulation, and this is a part we are taking away as long as we only look at the visible part.

Physicists think that infrared radiation is just thermal waste. But from the viewpoint of a physician, this is absolutely not true; in the last 30 years there have been hundreds of scientific papers published on the beneficial aspects of a certain part in the spectrum, which is called near-infrared or infrared-A."

What Makes Near-Infrared so Special?

You cannot feel near-infrared as heat, and you cannot see it, but it has a major beneficial impact in terms of health. Near-infrared is what's missing in non-thermal artificial light sources like LED.

There's also a difference between analog and digital forms of light sources, and this difference is another part of the complexity. In essence, there are two separate but related issues: the analog versus digital light source problem, and the spectral wavelength differences.

Starting with the latter, when you look at the rainbow spectrum, the visible part of light ends in red. Infrared-A or near-infrared is the beginning of the invisible light spectrum following red. This in turn is followed by infrared-B (mid-infrared) and infrared-C (far-infrared).

While they cannot be seen, the mid- and far-infrared range can be felt as heat. This does not apply to infrared-A, however, which has a wavelength between 700 and 1,500 nm.

"Here you have only very low absorption by water molecules, and this is the reason why radiation has a very high transmittance," Wunsch says.

"In other words, it penetrates very deeply into your tissue, so the energy distributes in a large tissue volume. This near-infrared A is not heating up the tissue so you will not feel directly any effect of heat.

This significantly changes when we increase the wavelength, let's say, to 2,000 nm. Here we are in the infrared-B range and this already is felt as heat. And from 3,000 nm on to the longer wavelength, we have almost full absorption, mainly by the water molecule, and this is [felt as] heating."

Near-Infrared Is Critical for Mitochondrial and Eye Health

The near-infrared range affects your health in a number of important ways. For example, it helps prime the cells in your retina for repair and regenerate.

Since LEDs have virtually no infrared and an excess of bluelight that generates reactive oxygen species (ROS), this explains why LEDs are so harmful for your eyes and overall health.

Chromophores are molecules that absorb light. There's an optical tissue window that ranges from 600 to 1,400 nm, which means it is almost completely covered by the infrared-A part of the spectrum. This optical tissue window allows the radiation to penetrate several centimeters or at least an inch or more into the tissue.

Chromophores are found in your mitochondria and in activated water molecules. In your mitochondria, there's also a specific molecule called cytochrome c oxidase, which is involved in the energy production within the mitochondria. Adenosine triphosphate (ATP) – cellular energy – is the end product.

ATP is the fuel your cells need for all of their varied functions, including ion transport, synthesizing and metabolism. Remarkably, your body produces your body weight in ATP every day. And, while you can survive for several minutes without oxygen, were all ATP production to suddenly stop, you'd die within 15 seconds.

Lighting Plays an Important Role in Biological Energy Production

This is why this issue of lighting is so important. Light is a sorely misunderstood and overlooked part of the equation for biological energy production, specifically at the mitochondrial ATP level. As further explained by Wunsch:

"The cytochrome c oxidase, which is this [light] absorbing molecule, is the last step before the ATP is finally produced in the mitochondria. Here we have this tipping point where light in a wavelength range between 570 nm and 850 nm is able to boost energy production, especially in cells when energy production is depleted ...

We know today that many signs of aging, for example, are the consequence of hampered mitochondrial functioning, and so we have a very interesting ... tool to enhance the energy status in our cells, in the mitochondria in our cells, and not only on the surface but also in the depths ... of the tissue. This is one important aspect and there are hundreds of papers published on these positive effects ...

Infrared saunas are another magnificent way to nourish your body with near-infrared light. But not just ANY infrared sauna. Most offer only FAR-infrared and are not full spectrum. Most also emit dangerous non-native EMFs. So you need one that emits low or no non-native EMFs.

After searching for a long time I finally found a near perfect one and hope to have it made to my customized specs in a few months. And it should be significantly less than \$1,000. So stay tuned for this exciting development.

Wound Healing and Anti-Aging Procedures Make Use of Near-Infrared

These beneficial effects can be seen in wound healing and anti-aging procedures where near-infrared is employed. Since the cytochrome c oxidase is responsible for an increased production of ATP, the cell has a better supply of energy, which allows it to perform better, and this is true no matter where the cell resides. This means liver cells with more ATP will be able to detoxify your body more efficiently; fibroblasts in your skin will be able to synthesize more collagen fibers and so on, because ATP is crucial for all cellular functions. Wunsch expands on this even more in the lecture above.

According to Wunsch, as little as one-third of the energy your body requires for maintaining the thermal equilibrium comes from the food you eat. The electrons transferred from the food, primarily the fats and the carbohydrates, are ultimately transferred to oxygen and generate ATP. The more near infrared you get, the less nutritional energy is required for maintaining thermal homeostasis.

That said, a differentiation is in order. Most of the METABOLICALLY USED energy does come from food. But there is a thermodynamic aspect to it as well. Maintaining a normal body temperature (37 degrees C or 98.6 degrees F) involves two mechanisms: Energy production in your mitochondria from food, and photonic energy (near-infrared radiation from sunlight and incandescent light bulbs) that is able to penetrate deeply into your tissue, even through clothing.

"The radiation can enter your body and then be transformed into longer wavelengths in the infrared part. They are very important for supporting the temperature level, the thermal energy level, of our body which is ... a very crucial aspect. A lot of energy comes in the form of radiation and this is supporting our thermal balance," Wunsch explains.

The key take-home message here is that your body's energy production involves not just food intake. You also need exposure to certain wavelengths of light in order for your metabolism to function optimally. This is yet another reason why sun exposure is so vitally important for optimal health.

Analog Versus Digital Lighting

LED lamps are a form of digital non-thermal lighting whereas incandescent light bulbs and halogens are analog thermal light sources.

"For a color changing system you have three different LEDs – a red, a green and a blue LED – and the intensity of these three colored channels has to be changed in order to achieve different color use, which is perceived by the eye in the end. The control of the intensity output of an LED is realized in a digital manner because it's very difficult to have a low intensity in many different steps.

The dimming of LEDs is realized by a so-called pulse-width modulation, which means the LEDs switch on to the full intensity and then they fully switch off, and then they switch on again. So we have the constant on and off in frequencies, which are higher than our eyes are able to discriminate. But on the cellular level, it is still perceivable for the cells ...

[T]his causes a flicker, which is not perceivable for let's say 90 percent of the population. But it's still biologically active. And flicker is something that is very harmful to your [biology]."

You've likely experienced this if you're old enough to recall the older TVs that had a very visible and intense flicker. Modern flat screens do not have this perceptible flicker, but they're still switching on and off. Scientists are now trying to develop systems capable of transmitting information via high-frequency flicker in the LED lighting to replace the wireless LAN system. According to Wunsch, this is a very bad idea, from a health perspective.

"I call these LEDs Trojan horses because they appear so practical to us. They appear to have so many advantages. They save energy; are solid state and very robust. So we invited them into our homes. But we are not aware that they have many stealth health-robbing properties, which are harmful to your biology, harmful to your mental health, harmful to your retinal health, and also harmful to your hormonal or endocrine health," he says.

Unfortunately, the use of LEDs has been mandated by federal policy in both the U.S. and much of Europe, in an attempt to conserve energy. While inarguably effective in that regard, the biological impact of these bulbs has been completely ignored, and by mandating them, options have been restricted.

Understanding the Dangers of LEDs

Understanding how LEDs can harm your health begins with the recognition that light emitted from an LED bulb is of a different quality than a natural light source. Normally, a natural light source is a black body radiator that gives off all kinds of wavelengths in a more or less continuous manner.

LEDs are fluorescent lamps, consisting of a blue LED, a driver LED, and a fluorescent sheet that covers the blue LED – transforming part of the blue light into longer wavelengths, thereby creating a yellowish light. The yellowish light from the fluorescent layer combines together with the residual blue light to a kind of whitish light, a large portion of which is an aggressive blue light.

"Blue has the highest energy in the visible part of the spectrum and produces, infuses, the production of ROS, of oxidative stress," he says.

"The blue light causes ROS in your tissue, and this stress needs to be balanced with near-infrared that is not present in LEDs. We need even more regeneration from blue light, but the regenerative part of the spectrum is not found in the blue, in the short wavelength, part. It's found in the long wavelength part, in the red and the near-infrared. So tissue regeneration and tissue repair results from the wavelengths that are not present in an LED spectrum.

We have increased stress on the short wavelength part and we have reduced regeneration and repair on the long wavelength part. This is the primary problem ... [W]e don't have this kind of light quality in nature. This has consequences. The stress has consequences in the retina; it has consequences in our endocrine system."

You probably know by now that blue light in the evening reduces melatonin production in your pineal gland. But you also have cells in your retina that are responsible for producing melatonin in order to regenerate the retina during the night.

If you use LED lights after sunset, you reduce the regenerative and restoring capacities of your eyes. Needless to say, with less regeneration you end up with degeneration. In this case, the degeneration can lead to AMD, which is the primary cause of blindness among the elderly. However, and this is that most fail to appreciate, LED light exposure that is not balanced with full sunlight loaded with the red parts of the spectrum is always damaging to your biology. Just more so at night.

So, to summarize, the main problem with LEDs is the fact that they emit primarily blue wavelengths and lack the counterbalancing healing and regenerative near-infrared frequencies. They have very little red in them, and no infrared, which is the wavelength required for repair and regeneration.

When you use these aggressive lower frequencies – blue light – it creates ROS that, when generated in excess, causes damage. So when using LEDs, you end up with increased damage and decreased repair and regeneration.

Are There Any Healthy LEDs?

There's a wide range of LED lights on the market these days. Some are cool white, others are warm white, for example. The former emits higher amounts of harmful blue light. The warm LEDs can be deceptive, as they give out a warm-appearing light but do not actually have the red wavelength. The warmth comes from masking the blue with high amounts of yellow and orange.

There are also LEDs available with less blue, which are closer to the spectral distribution of incandescent lamps with regard to the blue part of the spectrum. Unfortunately, without tools to measure it, you won't know exactly what you're getting. This is in sharp contrast to an incandescent light bulb, where you know exactly what kind of light spectrum you're getting.

"With LED, the layman is not able to tell if it's a tailored spectrum where you have the blue part only masked by excessive parts of other spectral regions," Wunsch says. "There are different technologies ... Sora, for example, have violet driver LED, not blue ... By their technology, the red is a little bit more emphasized compared to the standard white light fluorescent LEDs."

So there are in fact better and worse LED types around. But the spectral distribution is just one thing ... We are interested in the R9, which represents the full reds. This information is sometimes given on the package. You have, for example, CRI, which is the color rendering index of 95 with an R9 of 97 or so. This is the only sign for the customer that you have a high level or a high index for the R9."

How to Identify a Healthier LED

So, when buying LEDs, one way to get a healthier light is to look at the CRI. Sunlight is the gold standard and has a CRI of 100. So do incandescent light bulbs and candles. What you're looking for is a light that has an R9 (full red spectrum) CRI of about 97, which is the closest you'll ever get to a natural light with an LED. Another factor to look at is the color temperature. There are two different kinds of color temperature:

1. Physical color temperature, which means the temperature of your light in degrees Kelvin (K). This applies to sunlight, candlelight, incandescent lamp light and halogens. What this means is that the source itself is as hot to the touch as the color temperature given.

The sun, for example, which has a color temperature of 5,500 K, has a temperature of 5,500 K at its surface, were you to actually touch the sun. Incandescent lamps have a maximum of 3,000 K, as the filament would melt if the temperature got any higher.

2. Correlated color temperature. This is a measurement that tells you how the light source appears to the human eye. In other words, it is a comparative measurement. A correlated color temperature of 2,700 K means it looks the same as a natural light source with a physical color temperature of 2,700 K.

The problem here is that while such a light LOOKS the same as a natural light, it does not actually have the same quality, and your body, on the cellular level, is not fooled by what your eye sees. On a cellular level, and on the level of the retina, the majority of the light is still cold, bluish white, despite its apparent, visible warmth.

Incandescent light bulbs have a color temperature of 2,700 K whereas LEDs can go up to 6,500 K – the really bright white LED. In this case, the closer you are to incandescent, the better. Lastly, there's the digital component, which is virtually unavoidable no matter what. To determine how good or bad a particular LED is:

"You would have to measure somehow if the LED produces flicker or not. Two, three years ago, it would have been much easier because the camera of an older smartphone was not as high-tech equipped as they are today. With an old smartphone camera, when you look into the light source, you can see these wandering lines, so you can detect if the light source is flickering," Wunsch explains.

A simpler way would be to purchase a flicker detector, which are available fairly inexpensively. Another way to determine the flicker rate would be to use the slow motion mode on your camera. Record the light source in slow motion mode and check it for visible flickering.

Unfortunately, it doesn't always work. Some newer cameras and smartphones have a built-in algorithm that will detect the flicker frequency and change the shutter speed accordingly to improve the recording, thereby eliminating the interference. If your camera has this algorithm, it will not record a visible flicker even if it's there.

Healthier Solutions

I like being on the cutting edge of technology and I quickly switched out all my incandescent bulbs for LED lighting. I now realize the enormity of my mistake, but at the time – going back almost 10 years now – I was completely unaware that it could have health consequences. Before that, I used full-spectrum fluorescents, which is equally deceptive, as it is full spectrum in name only.

I'm now convinced LED light exposure is a very serious danger, especially if you are in a room without natural light. The biological risks are somewhat mitigated if you have plenty of sunlight streaming through windows. At night, LEDs become a greater danger no matter whether you're in a windowless room or not, as there is no counterbalancing near-infrared light.

Personally, I've not swapped all my lights back to incandescent because they're such energy hogs. But all the lights I have on at night have been switched to clear incandescent bulbs without any coating that changes their beneficial wavelengths. So the take-home message of this interview is to grab a supply of the old incandescent light bulbs if you can and switch back to incandescent light bulbs.

Just remember to get incandescent bulbs that are crystal clear and not coated with white to give off a cool white light. You want a 2,700 K incandescent, thermal analog light source. Actually, fragrance-free candles would be even better. Be particularly mindful to only use this type of light at night. After sunset, I also use blue-blocking glasses.

"It is definitely a good idea to keep away the short wavelengths in the evening, so after sunset. It's also a good idea not to intoxicate your environment with too much light. We know that artificial light levels at night have reached insane intensity. The candle, the intensity of the candle for example, is absolutely sufficient for orientation.

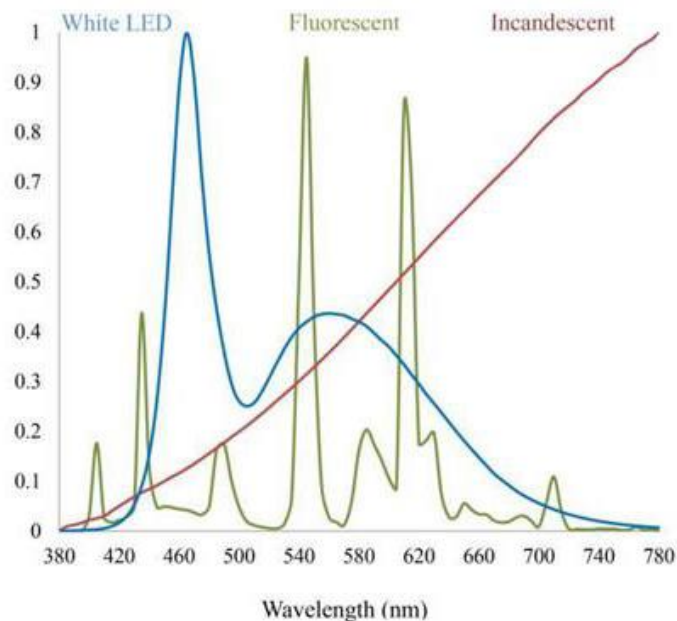
If you have to read in the evening or at night time, my personal favorite light source for reading tasks is a low-voltage incandescent halogen lamp, which is operated on a DC transformer. Direct current will eliminate all the dirty electricity and it will eliminate all the flicker.

There are transformers available where you can adjust the output between 6 volts and 12 volts. As long as it's direct current, there is no flicker, there is no dirty electricity, and you are able to dim the halogen lamp into a color temperature that is comparable to candle light even. This is the softest, the healthiest electric light you can get at the moment," Wunsch notes.

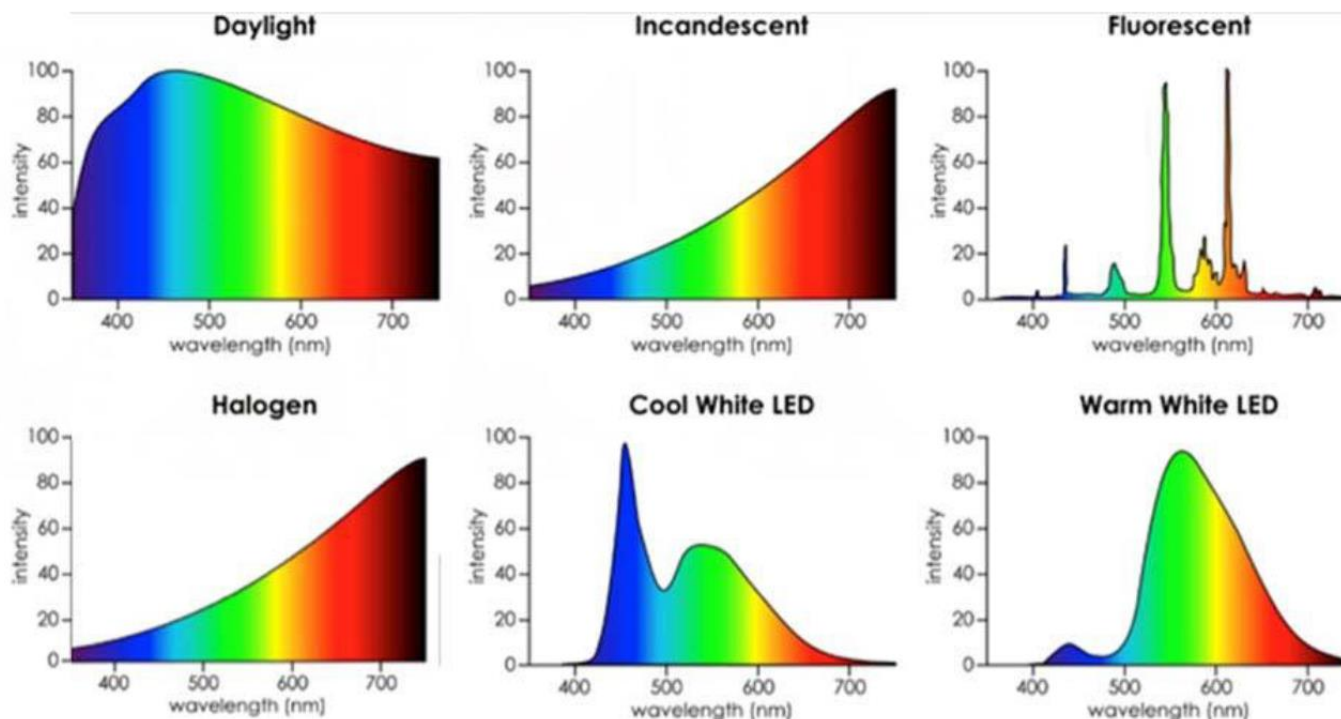
Low-voltage halogen lights are also very energy efficient – up to 100 percent more energy efficient than the standard incandescent lamp. Just be sure to operate it on DC. Incandescent lights, including halogen, can be operated at both AC and DC, but when operating on AC, you end up generating dirty electricity, Wunsch explains. On DC, you get no electrosmog with a low-voltage halogen.

Light Comparisons

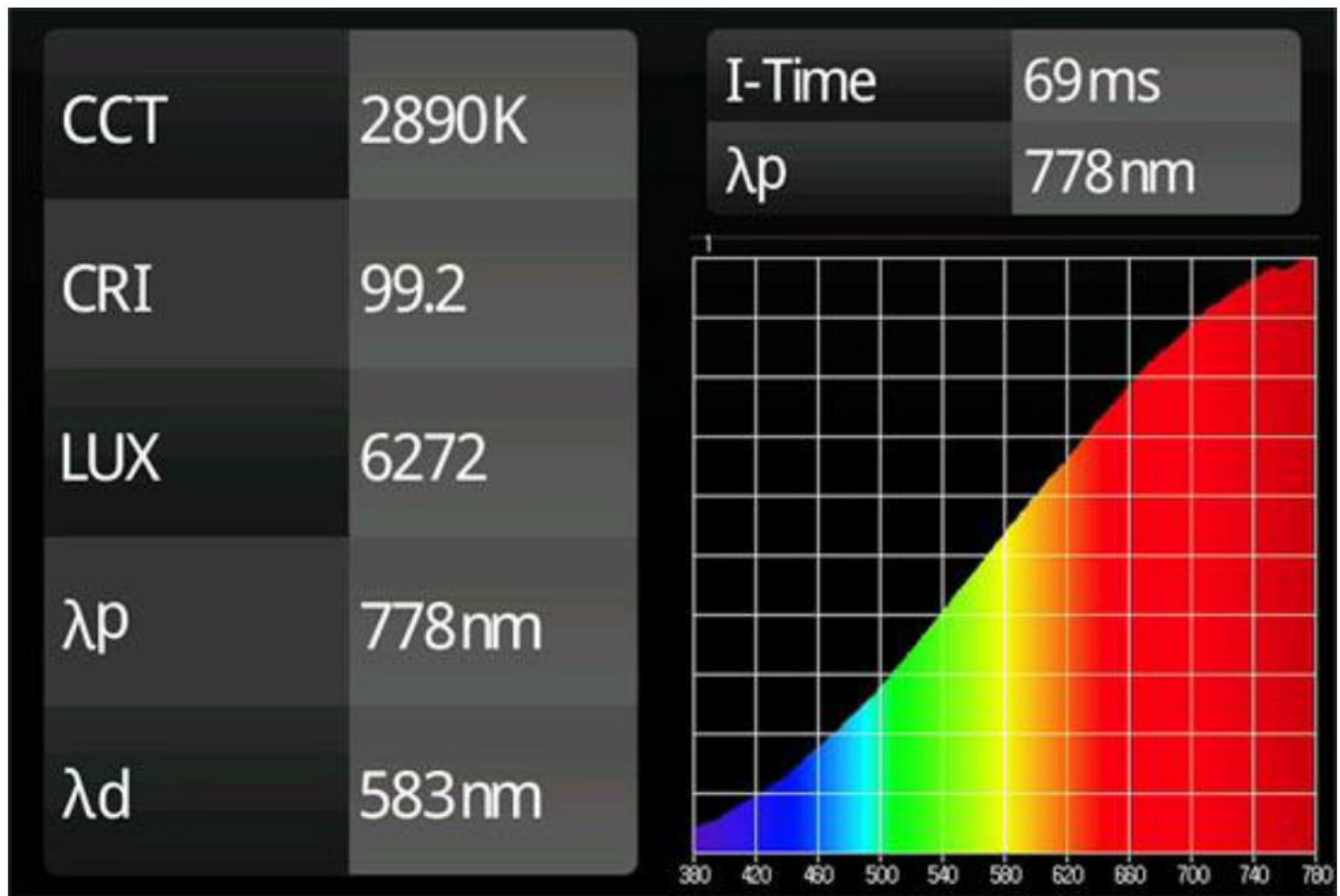
The following graphic illustrates the differences in color spectrum between an incandescent light, which has very little blue, compared to fluorescent light and white LED.



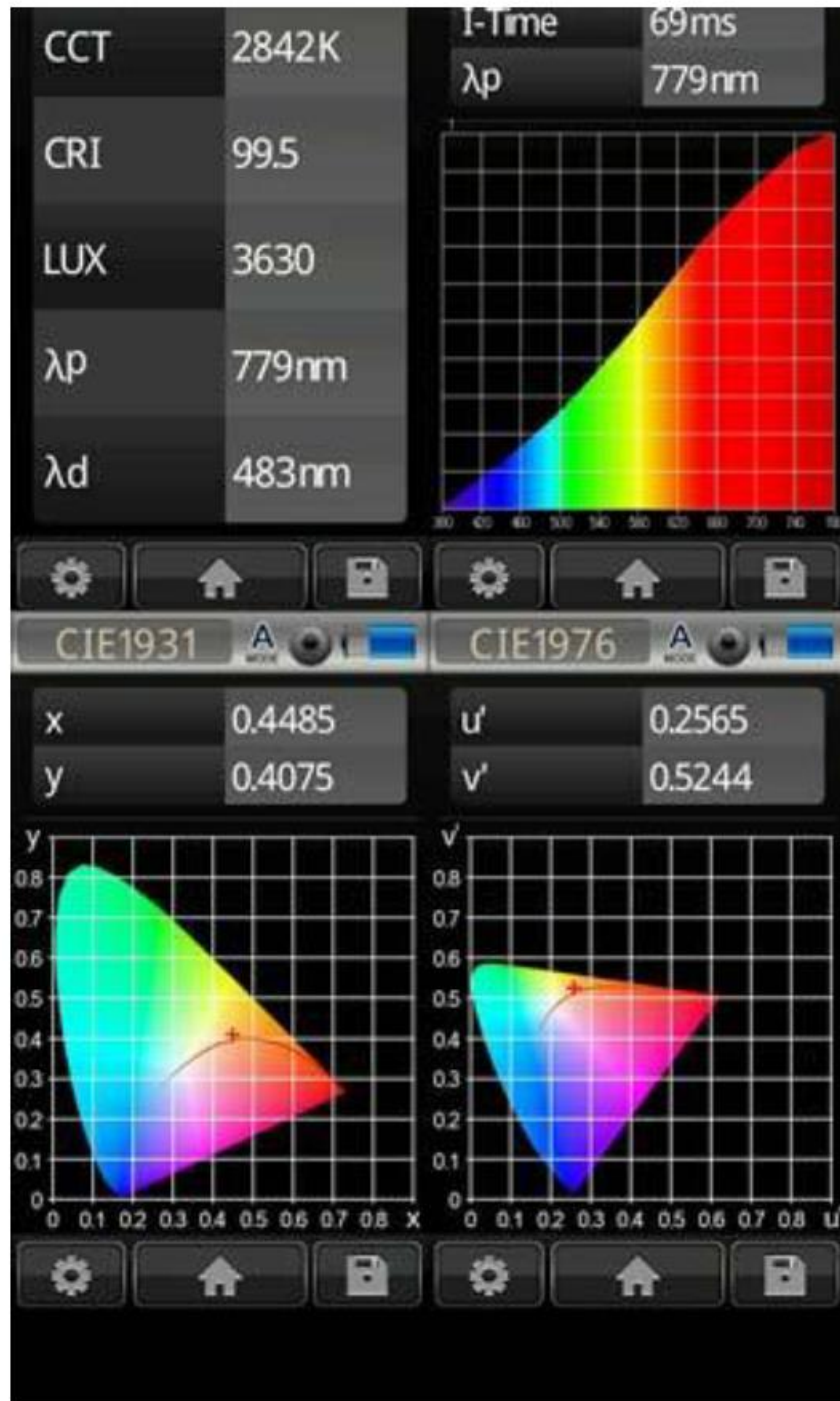
This next graph illustrates the differences between daylight, incandescent, fluorescent, halogen, cool white LED and warm white LED. As you can see, there's a tremendous difference between incandescent and warm LED. While they may look the same to the naked eye, there's no comparison when it comes to their actual light qualities.



Looking at the spectral differences between incandescent and halogen lamps, there seems to be no difference at all. In order to elucidate the disparity, Wunsch did some measurements of incandescent and halogen lamps using his UPRtek MK350S spectrometer. The differences are almost imperceptible, indeed.



Spectrum of a standard incandescent lamp: Correlated color temperature (CCT) = 2890 K.



Spectrum of a energy saving halogen lamp: Correlated color temperature (CCT) = 2842 K.

How to Make Digital Screens Healthier

When it comes to computer screens, Wunsch suggests reducing the correlated color temperature down to 2,700 K – even during the day, not just at night. Many use f.lux to do this, but I have a great surprise for you as I have found a FAR better alternative that was created by Daniel, a 22 year old Bulgarian programmer that Ben Greenfield introduced to me.

He is one of the rare people that already knew most of the information in this article. So he was using f.lux but was very frustrated with the controls. He attempted to contact them, but they never got back to him. So he created a massively superior alternative called Iris. It is free, but you'll want to pay the \$2 and reward Daniel with the donation. You can purchase the \$2 Iris software here.⁴⁴ OLED screen technology is another development that may be better than conventional screens.

"[With] the OLEDs technology, I'm not sure if the color is really stable in every angle you can look at the display," Wunsch says. "But definitely, if you have the screen technology where black is really black, then you have less radiation coming into your eyes, and the OLEDs technology is able to provide this."

So the high contrasts between the black and white, all the black areas in the thin-film-transistor (TFT) screen or the standard screen are not really black. They are also emitting shortwave radiation. The OLED screen only emits where you see light, where there is black on the screen, there is no light. This might be preferable as long as you have no problems with the [viewing] angle."

To Protect Your Health and Vision, Stick to Incandescent Lights

LEDs are a perfect example of how we're sabotaging our health with otherwise useful technology. However, with knowledge, we can proactively prevent the harm from occurring. In summary, we really need to limit our exposure to blue light, both during the daytime and at night. So for nighttime use, swap out your LEDs for clear incandescent light bulbs, or low-voltage incandescent halogen lights that are run on DC power.

I also strongly recommend using blue-blocking glasses after sundown, even if you use incandescent light bulbs. Without these modifications, the excessive blue light from LEDs and electronic screens will trigger your body to overproduce ROS and decrease production of melatonin, both in your pineal gland and your retina, the latter of which will prevent repair and regeneration, thereby speeding up the degeneration of your eyesight.

"One thing to emphasize again, it's not the blue light coming from the sun itself which we should be concerned about. It's the blue light, the singular high energy visual light (HEV), which comes from cold energy-efficient non-thermal light sources. This is what causes the problem, not the blue light which comes together with longer wavelengths in a kind of natural cocktail that has the beneficial near-infrared spectrum ..."

The light surrogates from non-thermal light sources, these are [what cause] problems, and you have to be clever to avoid these Trojan horses. If you want to make it [safe], stay with the candles, stay with the incandescents," Wunsch says.

Another Healthy Light Alternative

Candles are even a better light source than incandescent bulbs, as there is no electricity involved and is the light that our ancestors have used for many millennia so our bodies are already adapted to it. The only problem is that you need to be very careful about using just any old candle as most are toxic.

As you may or may not know, many candles available today are riddled with toxins, especially paraffin candles. Did you know that paraffin is a petroleum by-product created when crude oil is refined into gasoline? Further, a number of known carcinogens and toxins are added to the paraffin to increase burn stability, not including the potential for lead added to wicks, and soot invading your lungs.

⁴⁴ http://iristech.co/?ap_id=light

To complicate matters, a lot of candles, both paraffin and soy, are corrupted with toxic dyes and fragrances; some soy candles are only partially soy with many other additives and/or use GMO soy. There seems to be a strange mind-set that exposure to small amounts of toxins is OK, even though the exposure is exponential over time!

The soy is non-GMO, is clean burning without harmful fumes or soot, is grown in the U.S. and is both sustainable and renewable. Also, my candles are completely free of dyes. The soy in these candles is not tested on animals, is free of herbicides and pesticides.

It's also kosher, 100 percent natural and biodegradable. All of my fragrances are body safe, phthalate- and paraben-free, and contain no California prop 65 ingredients. The wicks are simply flat braided cotton coated in a natural vegetable wax and self-trimming, which reduces carbon build up.

Enjoying a Circle of Life Farms naturally good soy candle and following the simple burn instructions – located inside the candle lid – will give approximately 70+ hours of burn time. Every candle is hand-poured with love for you to enjoy a cooler, cleaner burn – all while being kind to both the environment and yourself.

You can search online healthy candles, but if you like, you can use the ones I found at www.circleoflifefarms.com. This is not an affiliate link and I earn no commissions on these candles; I just thought you might benefit from the ones I now use in my home.

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Monday, October 24, 2016
Subject: [emfrefugee] Re: Mercola on Light quality including EMF

Very interesting observation on the infrared light!

I saw the video earlier today and just wanted to remind those who are ES to avoid the recommended low voltage/DC halogens; the power supply near the lamp as well as you makes that a terrible choice.

Bruce

White LEDs on clean DC

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Friday, October 21, 2016
Subject: [emfrefugee] White LEDs on clean DC

These are direct 3 AA battery powered, and there is no switching regulator during operation or charging. I use them mounted on 5' - 1/2" black pipe stakes for night walk and door lighting. About 4 years on my first set so far. I can tolerate these for short periods for night lighting, but I sure wouldn't want to work or read with them.

A good way to see if you like white LEDs without the switching power supply.

Note – all other 1 or 2-battery LED lights are an EMI bust – they use a switching boost converter to get the 4 volts they need for the white LED.

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Saturday, October 22, 2016
Subject: [emfrefugee] Re: White LEDs on clean DC

Sorry – botched the post and didn't provide the link.
Moonrays 93380 Premium Output Solar-Powered LED Spotlight - Landscape Spotlights - Amazon.com
https://www.amazon.com/gp/product/B004IEBBLG/ref=oh_aui_search_detailpage?ie=UTF8&psc=1

From: Bonnie
To: emfrefugee@yahoogroups.com
Sent: Saturday, October 22, 2016
Subject: Re: [emfrefugee] White LEDs on clean DC

Thanks. I have been using the 70 lumen Home Depot ones (no idea if they switch power or not.) I use these at night – solar charged (when there is enough sun!) They make a nice warmish yellowish light – quite nice really. I've used them about one plus years now. But not great for reading or anything like that. I do notice I'm OK with them.

Did get some worklights (battery charged type). Very white, bright light – better for reading – but don't feel great with them.

Bonnie

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Sunday, October 23, 2016
Subject: Re: [emfrefugee] White LEDs on clean DC

I'd strongly suggest spending \$12 on an AM radio (I've listed them here several times) to check out your LED/solar lights. If it has less than 3 batteries, it is certainly a switching supply, and I suggest you don't 'spend' your health that way when alternatives exist. The more you can reduce your daily exposures, the better tolerance you'll have and faster recovery time.

From: Bill
To: emfrefugee@yahoogroups.com
Sent: Sunday, October 23, 2016
Subject: Re: [emfrefugee] White LEDs on clean DC

Hey Bruce, it's been great to see your posts on this forum...
The above post inspired me to check some of our solar lights.
I had not noticed radio noise from them before and find none now on AM.

The newer lights have a single 3.2v battery
<http://www.homedepot.com/p/Hampton-Bay-Mediterranean-Bronze-Solar-3-Tier-Path-Light-6-Pack-93839/207021662>

I also have some with a single 1.2v battery and those do put out RF at least at close range.

I'm glad I checked again because I found another buzz throughout the house (and in the detached garage too) caused by a tiny AC to USB charger (made in China, with a CE logo).

It was plugged into a 4-stage filter with inductors and still radiated through the house, even though computers etc. do not. But also note, I could not find the buzz at long distances using the old RadioShack radio, but did find it using the TECSUN R9012 on AM (aka MW). Also note, the charger only did this when under load, but the same load plugged into a laptop being charged did not cause the problem.

From: Bruce
To: emfrefugee@yahogroups.com
Sent: Sunday, October 23, 2016
Subject: Re: [emfrefugee] White LEDs on clean DC

Hey Bill,

Thanks for lamp tip. Battery chargers are often very bad for EMI; they are so cost sensitive that all other concerns don't matter.

It's very frustrating that we don't have an affordable meter to cover typical switching power supply EMI,

I want to warn those who prefer using plug-in 'dirty power' meters that you should use the Alpha Labs version, not the Stetzer product, as its frequency range is inadequate. Most switching supplies are now higher frequency to make them smaller and cheaper. This can be done since power transistor switching performance has increased. Most switchers are now in the 100K to 1MHz range, and their higher harmonics will be 10-100x that. A well-chosen AM radio is adequate if frustrating for the lack of calibration and objective measurement units. (Distance and how much of the AM band affected are the only 'readings'.)

From: Bruce
To: emfrefugee@yahogroups.com
Sent: Sunday, October 23, 2016
Subject: Re: [emfrefugee] White LEDs on clean DC

Many AM radios have good tuners designed to eliminate 'noise'. They will not work as a 'poor man's near field EMI sniffer'. We need an AM radio with an old design, crappy tuner. The Radio Shack 12-467 (ebay only) works well, and the Sony ICF-S10MK2 seems to be OK. Ramsey makes a kit AM radio that works well also.

If you hold your AM radio near ANY LED bulb and it is quiet, for example, you can be sure that your radio is crap. There is no such thing as an EMI-free LED bulb that screws into a lamp socket and is powered by 120VAC; only someone who doesn't understand switching power supply emissions, their typical frequencies and how to measure them.

If you turn up the AM radio volume all the way, and tune between stations, you should hear loud static. SHSHSHSHSHSHS.

From: Bill
To: emfrefugee@yahogroups.com
Sent: Sunday, October 23, 2016

Subject: Re: [emfrefugee] White LEDs on clean DC

I did once see a 120V LED bulb powered only by a full wave rectifier with a bunch of LEDs in series. It was quiet on the radio. I took apart the USB charger and one prong of the AC plug goes right to a single power diode, with no caps across it at all. There's no identification on the unit so I suspect it is imported illegally (sold with my wife's e-cigarette).

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Sunday, October 23, 2016
Subject: Re: [emfrefugee] White LEDs on clean DC

Yes, I specifically said screw-in LED bulbs as all being problematic, as there are panels and fluorescent tube replacements that don't have switching power supplies and have very little EMI. They have quite long series strings of LEDs, and/ or use capacitive coupling to limit the current/voltage instead of a transformer.

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Monday, October 24, 2016
Subject: Re: [emfrefugee] White LEDs on clean DC

Not a serious or current product – single diode means half wave, with strong 60hz flicker.

From: Bill
To: emfrefugee@yahoogroups.com
Sent: Monday, October 24, 2016
Subject: Re: [emfrefugee] White LEDs on clean DC

This was a screw-in bulb shaped like a regular 60W bulb, but with about 50 LEDs. It was sold by Walmart back in the early days of LED screw in bulbs. It was not very bright.

From: Bonnie
To: emfrefugee@yahoogroups.com
Sent: Sunday, October 23, 2016
Subject: Re: [emfrefugee] White LEDs on clean DC

A regular AM/ FM radio won't do it?

Emotional Freedom Therapy again

From: Ellie
To: emfrefugee <emfrefugee@yahoogroups.com>
Sent: Monday, October 17, 2016
Subject: [emfrefugee] EFT again

Everything is energy. My many years with EMF sensitivity has taught me some things. I almost died when age 23 in St. Paul, Minnesota. I put both hands and arms into the water of the washing machine and it was totally charged faulty machine and it shook me and to the point of whole body electrocution, the way I remember it still. Maybe start of EMF sensitivity. But that may have come later when I had two faulty lamps – one on each side of my bed.

Everything being energy. I hate to harp on this. But this www.tappingsolution.com – if you study and do EFT, you will find headache relief. I am now 85 years old and broke my hip so have to live in a room here at assisted living place in Arizona.

I know I have said this before here. It takes me only 3 minutes long EFT to feel much better in head. Almost a miracle to my way of thinking. Wish you all well! Ellie

Interview Thursday 10/20 with Generation Zapped author Sabine El Germayel

From: Kathy

To: emfrefugee@yahoogroups.com

Sent: Thursday, October 20, 2016

Subject: [emfrefugee] Interview Thursday 10/20 with Generation Zapped author Sabine El Germayel

Today, Thursday 20th October at 1:00 p.m. EST (10 AM PST or 5 PM GMT) I'm conducting a LIVE interview with the writer/director/producer of 'Generation Zapped' Sabine El Gemayel.

This interview's an extra on my interview schedule because it's such a important project.

Here's some of the topic's I'll be discussing with Sabine:

why she's making this film

what the film's about

why the choice to make a solution-oriented film and not just an expose?

and much more!

I've chosen the teleseminar format so that you can follow via your computer or using your telephone AND you can ask your questions!

If you want to submit a question, you can still do so here:

<http://events.instanttelseminar.com/?eventid=90619104>

To follow the interview go to this page at the designated time:

<http://www.electricsense.com/interviews-emf-experts-show-page/> (there is also a FREE 24-hour replay).

For more details on this interview, see: <http://www.electricsense.com/11837/generation-zapped-emf-appeal/>

Looking forward to your participation!

Lloyd Burrell

ElectricSense

P.S. EMF protection is IMPORTANT

please share this email with your friends and colleagues.

Help me share my message!

Support my work: visit my EMF protection store <http://www.electricsense.com/emf-protection>

From: Barb

Date: Tue, Oct 18, 2016

Subject: Generation Zapped – This Filmmaker & Mother Of 3 Kids Needs Your Help

To: Barb Payne

Please share with others.

Film writer-producer interview Oct 20th (live, incl. audience Q&A; and recording available free for 24 hours afterward). In order to receive interview access details, please sign-up in advance to a free e-newsletter (it's easy to cancel the subscription later, if you wish). Please read below – you'll see the link at the bottom <http://www.electricsense.com/11837/generation-zapped-emf-appeal/>.

Thanks,

Barb

Interview

Sabine El Gemayel Thursday, 20th October at 1:00 p.m. EST (10 AM PST or 5 PM GMT) I'm conducting a LIVE interview with Sabine El Gemayel.

Sabine El Gemayel is the writer and producer of Generation Zapped.

We will discuss:

- why she's making this film
- what the film's about
- how her children have been impacted by her work
- and much more

I've chosen the teleseminar format so that you can follow via your computer or using your telephone AND you can ask your questions!

Begin forwarded message:

From: Lloyd Burrell | ElectricSense

Date: October 18, 2016

To: Barb

Subject: Generation Zapped – This Filmmaker & Mother Of 3 Kids Needs Your Help

Hi Barb,

Sabine lives in Los Angeles.

She's a mother of 3 children.

She's also a filmmaker, not without some success.

She marked her debut as a writer-director with Niloofar, produced by Jean Bréhat and Rachid Bouchareb (Days of Glory, Out of the law, Oscar nominations for Best Foreign Film).

Her focus is now on socially conscious issues. To be more specific ‘Generation Zapped’.

That’s the name of her latest project.

Who Are ‘Generation Zapped’?

It’s people like you and me.

But it’s especially our children.

Because, whether they like it or not our kids are now born into this world of electromagnetic ignorance.

Sabine is on a mission to bring awareness to the world about the harmful effects of cell phones radiation and wireless technologies on children’s health.

She says, “In less than a generation, widespread access to the Internet has revolutionized virtually every aspect of life, connecting people with previously unimaginable information and opportunities.

But in the rush to embrace the convenience and affordability of cell phones and Wi-Fi, few have paused to question the possible consequences of their ubiquitous use.”

Generation Zapped

Sabine has been working on this project for the last 2 years.

And she needs your help.

She’s interviewed dozens of scientists, researchers, medical doctors, building biologists and other experts.

Including Professor Magda Havas, Dr. Martin Blank, David Carpenter M.D., Lawrence Gust BBEC, Professor Olle Johansson, Joel Moskowitz PhD.....

She’s got over 30 hours of film footage which now needs, condensing, editing and finishing.

Her goal is to complete for January 2017 so that she can submit to various film festivals and win some recognition.

The more recognition she can get for her film, the more she can get her message out, the more people she can help.

I’ve decided to help her.

Why I’m Helping Sabine

Because it’s a worthy project. I watched the trailer and was impressed.

I get approached by different people from time to time to promote similar projects; this is the first time I’m promoting a film in this way.

Sabine didn't approach me. I contacted her, last night. I said I wanted to help.

I know how much effort it takes to get a project like this off the ground.

Sabine's so close to the finishing line on this one, the potential for such a film to change people's lives for the better is huge.

It would be a travesty if she couldn't see it through.

Also, I like her approach. Since 2012 when I wrote my book my focus has been on solutions.

This is Sabine's focus too.

How I Am Helping

She needs funds to complete her film.

I'm putting my money where my mouth is.

I've made a donation.

Also, I'm speaking to you.

How You Can Help

There are two ways you can help.

The most important way is to make a donation.

It can be a large or small donation.

Sabine's created a campaign on Kickstarter, a global crowdfunding platform which helps bring creative projects to life.

It's very transparent. You can see exactly how much funding she's got and how much she needs.

At the time of writing Sabine needs just under \$30,000 to reach her target and finish her film.

And by the way if you pledge money and Sabine doesn't reach her target then you get your money back.

Besides giving money the other thing you can do is share this message widely.

Share it with your friends.

Getting this message out and protecting our children is such a worthy cause.

That's why I'm also doing a special interview with Sabine.

See: <http://www.electricsense.com/11837/generation-zapped-emf-appeal/>

Lloyd Burrell

ElectricSense

***** Please do not reply to this email, comments are welcome here
<http://www.electricsense.com/11837/generation-zapped-emf-appeal/>

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ElectricSense

132, Avenue de Rochefort

Royan Poitou Charentes 17200

FRANCE

From: Angela T.

Sent: Tuesday, October 25, 2016

Subject: Film GENERATION ZAPPED. House questioning NIH funding of WHO-IARC

Hello,

Mother and filmmaker Sabine El Gemayl is making a very important film called Generation Zapped. MD's and scientists appear in the film, including Dr. Martin Blank, Dr. Lennart Hardell, Cindy Sage, Dr. John West (breast surgeon), Dr. David Carpenter, Dr. Erica Mallery-Blythe, Dr. Martin Pall, Dr. Martha Herbert, Dr. Joel Moskowitz, Dr. Magda Havas.

Please click on the link with the "Hollywood" sign below to view the excellent trailer or click here
<https://www.youtube.com/watch?v=82tPDMbbnOc>

If you like it, please support it with a donation so this film can get completed. I did. (Contributions will only be collected for another 9 days) <https://www.kickstarter.com/projects/802512847/generation-zapped>

P.S. If you didn't know, the World Health Organization – Int'l Agency for Research on Cancer (WHO-IARC), classified wireless radiation as a class 2B (possible) carcinogen in 2011, in the same category as lead. However the House Oversight Committee (led by Chaffetz) is now challenging WHO-IARC on their classification of substances as carcinogens, like wireless radiation as a class 2B carcinogen and glyphosate (round-up) as class 2A probably carcinogenic and threatening to take away the funding they receive through the NIH (NIH has given IARC a modest amount, about \$1.7 million per year, since 1992). The NTP, part of the NIH, conducted the \$25 million cell phone radiation study on rats that yielded a statistically significant increase in brain and heart cancers.

One of the industry groups complaining about IARC's classifications is the American Chemistry Council, who is also pushing EPA to keep asbestos legal
<http://www.huffingtonpost.com/entry/580542f5e4b021af347760bb?timestamp=1476812920060>.

Here's the Reuter's article on the House Oversight Committee questioning NIH. <http://reut.rs/2dAPexZ>

If you would like to

Thank You,
Angela

----- Forwarded message -----

From: Sabine El Gemayel <info@generationzapped.com>

Date: Tue, Oct 25, 2016

Subject: WHY SABINE EL GEMAYEL IS MAKING GENERATION ZAPPED - SPREAD THE WORD!

To: Angela T.

From: Angela T.

To:

Sent: Friday, October 28, 2016

Subject: \$2000 pledge for a VIP day w/ Jolie Jones (EHS sufferer), daughter of Quincy Jones-

Experience a VIP day with Jolie Jones – Artist, Entertainer, Producer, Author, Activist!

Jolie Jones, daughter of Quincy Jones, is 90% recovered from her seven years of Electro Sensitivity and supports Generation Zapped. Pledge \$2000 and spend a VIP day with her. She will consult with you, in person in Los Angeles or by Skype anywhere in the world, to help you reduce your EMF exposure in your home and in your life and share her path to recovery.

This film will bring needed attention to the problem we now have with ubiquitous wireless radiation from cell towers, devices, Wi-Fi, etc.

There are only 6 days left to raise enough money to get the film completed. So far, there are \$14,500 in pledges – goal is \$35K, so a little less than halfway there.

At least 3% of the population have EHS (electromagnetic hypersensitivity). No one is born with EHS. Everyone with EHS tells the same story – they spent a lot of time around wireless radiation with no problems for a period of time, then one day, something happens suddenly and then EHS is triggered.

Common EHS symptoms are headaches, tinnitus, sleeping problems, concentration and memory problems, nosebleeds, extreme thirst, pain in the hands/ears hot when using cell phone, bad allergies, skin rashes, digestive problems including heartburn and stomach pains, neurological problems including anxiety and panic attacks, heart palpitations, strong fatigue, and appetite loss.

To read more about EHS,

<http://ehtrust.org/science/electromagnetic-sensitivity/>

<https://wearetheevidence.org/electromagnetic-sensitivity/>

----- Forwarded message -----

From: André Fauteux

De: Sabine El Gemayel <info@generationzapped.com>

Objet: GENERATION ZAPPED New Kickstarter Reward: Experience a VIP day with Jolie Jones - Artist, Entertainer, Producer, Author, Activist!

Date: 28 octobre 2016

À: <andre@maisonsaine.ca>

Répondre à: Sabine El Gemayel <info@generationzapped.com>

Hazards of Cell Phones, Wireless Devices, Etc – Book Four 153

December 14, 2016

GENERATION ZAPPED LIVE ON KICKSTARTER!

View this email in your browser

We are excited to announce a very special limited Kickstarter Reward:

Jolie Jones' VIP day

Experience a VIP day with Jolie Jones – Artist, Entertainer, Producer, Author, Activist!

Jolie Jones is 90% recovered from her Electro Sensitivity and supports Generation Zapped. She will meet with you, in Los Angeles, and will help you reduce your EMF exposure in your home and in your life. She will also share her life experience with you and will have a story or two to tell about her life growing up with Quincy Jones as her father.

Sabine El Gemayel with Jolie Jones.

I am so excited and grateful for Jolie Jones' friendship and support and hope you will be too. Please go to our Kickstarter and check out this great reward and help us spread the word. We need as many people, as we can get, to see our trailer by clicking this link bit.ly/genzapped. No donation is too small.

Together we can hit our goal!

With gratitude,

Sabine El Gemayel

Director/Producer

bit.ly/genzapped

info@generationzapped.com

www.generationzapped.com

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Our mailing address is:

info@generationzapped.com

Artist Steve Cutts and musician Moby – Video

From: Shelley

To: "emfrefugee@yahoogroups.com" <emfrefugee@yahoogroups.com>; Shelley Masters
<shellmasters21@gmail.com>

Sent: Thursday, October 20, 2016

Subject: [emfrefugee] Artist Steve Cutts and musician Moby – Video

Wow! Amazing video about what is happening....

A tipping point?

<https://www.youtube.com/watch?v=VASywEuqFd8>

700+ cell phone studies. SAR explained. Ear get hot/hand hurt? How to hardwire iPad

From: Angela

To:

Sent: Thursday, October 20, 2016

Subject: 700+ cell phone studies. SAR explained. Ear get hot/hand hurt? How to hardwire ipad

Here's another compendium of abstracts from scientific studies assembled by Kevin Mottus of the California Brain Tumor Association.

It is over 700 studies on the health effects of cell phones

<http://www.mainecoalitiontostopsmartmeters.org/wp-content/uploads/2016/02/Cell-Phone-Studies-Final.pdf>

Please post and share this information – Kevin and his assistant worked hard on this list and created it for that purpose.

(Here's a link for the 100+ cell phone studies sent out a few days ago <http://www.mainecoalitiontostopsmartmeters.org/wp-content/uploads/2016/02/WiFi-and-Device-Studies-Final.pdf>)

Here's the table of contents:

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Effects on Protein	Page 60
Electromagnetic Hyper-Sensitivity	Pages 60-63
Effects on Critical Organs	Pages 63-65
Effects on Sleep	Page 65
Synergistic Health Effects- RF and Other Agents	Pages 66-68
Effects on the Environment	Page 68-69
Miscellaneous Effects	Pages 69-73

Rats develop Brain and Heart Cancer from Cell Phone Radiation at below FCC limits

The \$25 million US government National Toxicology Program study on cell phones showed a statistically significant increase in glioma brain cancer in rats exposed to cell phone radiation at levels BELOW FCC's thermal limits – about 3% developed brain cancer. Rats NOT exposed to cell phone radiation did NOT develop tumors. The rats were exposed to 1.5W/kg, 3.0W/kg, and 6.0W/kg levels of cell phone radiation, and cancer was seen at all of these levels. <http://biorxiv.org/content/early/2016/05/26/055699.full.pdf+html>

Gliomas have shown a statistically significant increase. Incidence rate has increased by 100% in 2010 from 1989 in the Netherlands. In the US, the increase has been 1.3%-2.3% per year over a 15-year period, which was statistically significant. <http://microwavenews.com/news-center/ntp-and-brain-tumor-rates>

What are the FCC limits for cell phone and wireless devices?

SAR is the specific absorption rate which quantifies how much wireless radiation is absorbed by the body from a cell phone/wireless device. Every cell phone/wireless device has a SAR rating. For more info <http://ehtrust.org/z-pages-to-remove/specific-absorption-rate-sar/>

Any part of the body can be exposed to a SAR of 1.6W/kg averaged over a 1 g sample of tissue for 30 minutes (this would include the head) (established in 1996) at a specified distance to your body. See p. 75 <https://transition.fcc.gov/Bureaus/EngineeringTechnology/Documents/bulletins/oet65/oet65.pdf>)

Ears, hands, feet, wrists, and ankles can be exposed to 4W/kg averaged over 10g. (In 2013, ears were reclassified as appendages.

<https://stopsmartmetersirvine.com/2013/06/06/the-better-to-cook-you-my-dear-the-fcc-mobile-phone-industry-ally-reclassifies-body-part/>

Prior to that, exposure limit for ears was at 1.6W/kg, but when phones are held to the ears, the 1.6W/kg was exceeded. So the limit for ears was raised because the 1.6W/kg exposure limit could not be met for ears.

SAR rating for a device is based on the cell phone/wireless device being tested at a certain distance from the body. You can see what those distances are for each device here <http://showthefineprint.org/see-the-fine-print> (this website is maintained by EHT) The level of radiation your body absorbs depends on the distance of the device – the closer a device is, the higher the level of radiation your body absorbs. So if the device is closer than the tested distance, then your body would be absorbing more than the SAR rating for that device.

For example, the iPhone 6 Plus is rated at 1.59 W/kg when all antennas are on

<https://www.sarchecker.com/apple-iphone-6-sar-rating-level-edges-extremely-close-to-legal-limits/>. But this rating is based on a distance of 5mm from the body, <http://showthefineprint.org/see-the-fine-print>. So, if you are holding the iPhone in your hand or pressing it to your head (this is all less than 5mm from the body), your hand or head are exposed to higher than 1.59W/kg

Ear get hot from cell phone use or pain in your hand from holding your cell phone?

Has your ear ever gotten hot from talking on a cordless or cell phone? Mine has (this was before I knew I should not hold a wireless phone to my ear). Some people have also mentioned to me that they have felt pain in their hands when holding their iPhone. A recent study published in July 2016 can explain why this is happening. Cellphone radiation, even below government thermal limits, still produce a physiological thermal effect that is sensed by the trigeminal neurons, even if surface skin temperature does not change.

This study concluded that thermal effects from cell phone radiation are never absent even at levels below government thermal limits like the FCC limits. You can read the full study here <http://andrewamarino.com/PDFs/189-EBM2016.pdf>

iPad inventor Steve Jobs, who died of pancreatic cancer, didn't let his kids play with iPads http://www.nytimes.com/2014/09/11/fashion/steve-jobs-apple-was-a-low-tech-parent.html?smid=fb-share&_r=1

(Pancreas is located in the abdominal area behind the stomach)

Video from Dr. Devra Davis of EHT. Research on effects from prenatal exposure to cell phone radiation in this 15-minute video <https://www.youtube.com/watch?v=LZicHZaUKps&feature=em-subsdigest>

3 times more DNA damage, spinal cord damage, damage to memory and thinking part of the brain (hippocampus) from only 15 minutes per day of cell phone radiation exposure for 7 days. Results were statistically significant. The faster cells grow, the more vulnerable they are to toxic exposures. Newborns double their brain size after birth.

Asbestos and cigarettes are examples where a generation of people are paying the price for poor US public health policy – the insistence of absolute proof of harm before taking action, rather than taking preventive measures from the beginning. For example, asbestos was used in baby PJ suits

Here's how to ethernet wire your iPad, iPhone, and iPod: <http://ehtrust.org/hardwire-ipad-ipod-iphone/>

80's Mercedes diesel modification

From: Vin
To: emfrefugee@yahoogroups.com
Sent: Friday, October 21, 2016
Subject: [emfrefugee] 80s mercedes diesel modification

Hello;

I just purchased an 83 300 SD Mercedes Benz diesel, with the hopes of overcoming my car electrosensitivity.

Unfortunately, I don't seem to tolerate it at all. Does anyone know how to modify this to make it more tolerable? I have heard of disconnecting alternator and switching out a deep cycle battery.

Thanks

Vin

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Friday, October 21, 2016 9:22 AM
Subject: [emfrefugee] Re: 80s mercedes diesel modification

I don't like the SD as much as the 300D because of the electronic speedometer, which has to be disconnected, but it will work with the same measures.

You must unplug the alternator, or the entire wiring harness will be radiating the diode noise of the alternator's 6 diodes from the entire wiring harness. There are a lot of wires right above your knees on the driver's side. You must get this wiring harness completely quiet on the Radio Shack 12-467 or Sony ICF-S10MK2.

Next, you must disconnect all the electronics – no radio, environmental controls, heater, tachometer (sender and display), speedometer, and antenna motor/controller. You can still have turn/brake signals, horn, lights and nothing else. Electronics to remain are the glow plug starting system plus solenoid valves for the turbo boost and EGR systems.

You also need to disconnect the solenoid valve for the hot water line going to the cab. This draws an amp of power all the time you are NOT using the heat. Then plug or clamp off the hose so the nasty rubber hoses don't stink in the cab.

Warning, a bad solenoid valve can cause arcing and thus AC on the DC wiring harness. You must be vigilant and check the wiring harness via AM radio regularly. I've twice had failures that caused really nasty EMF problems.

Remove the cruise control electronics. On my 300D I removed all the heater and AC systems, and the actuator for cruise control.

Steel belted tires and the rotating drive chain can be degaussed for lower rolling ELF magnetic fields.

On the SD model, there is a magnet and Hall-effect sensor in the rear of the automatic transmission that is used for sensing speed for the electronic speedometer. It can be removed without pulling the transmission. If you want the lowest rolling ELF magnetic fields, you must have this magnet removed. It is spinning right between the front seats and affects both driver and passenger areas. All rotating ELF's vary in frequency with speed and are less of an issue under 50mph. Both strength and frequency increase with the car's speed.

A friend who once could not drive but now can with his SD has some info re the Mercedes conversion and tire degaussing on his website: eiwellspring.org. I'm the guy who did all the development work in figuring out where all the EMF sources are on these, and how to eliminate them. There are several of us driving them here.

Chemical issues are something to watch for. Besides the usual car interior issues, diesel cars require a lot of vigilance on keeping the engine clean (no oil leaks) and no weeping or leaks on the fuel system. (The injector return hoses are a notorious issue to watch.) I still cannot drive behind a diesel, but I can drive inside mine with a clean engine compartment and no leaks.

Even in a rural area, there are often power lines next to the road and cell towers every 5 miles, so I can no longer get around as much as I used to. Yet I love the freedom of being able to drive and get about independently.

Contact me if you need some help after you read the [eiwellspring](http://eiwellspring.org) articles.

Bruce

Call House Oversight Committee – Questioning IARC Cancer Classifications

From: Angela

Sent: Saturday, October 22, 2016

Subject: Fwd: Distribute-Call House Oversight Comm-Questioning IARC Cancer Classifications-Thx Kevin

Hi Everyone,

Very important!

The House Oversight Committee (led by Chaffetz) is now challenging WHO-IARC on their classification of substances like wireless radiation as a class 2B carcinogen and glyphosate (round-up) as probably carcinogenic and threatening to take away the funding they receive through NIH.

The American Chemistry Council, an industry group, who is also pushing EPA to keep asbestos legal <http://www.huffingtonpost.com/entry/580542f5e4b021af347760bb?timestamp=1476812920060>, is one of those groups complaining about IARC's classifications.

Here's the Reuter's article on this attack <http://reut.rs/2dAPexZ> (the article also appears below at the bottom of this email, sent by Dr. Moskowitz)

On Monday, please take some phone calls to Chaffetz and Cummings – see Rola Masri's email below – the attachment contains their contact info.

If we don't speak out in support of WHO-IARC against this industry attack, WHO-IARC might lose their funding.

I hope everyone can see the seriousness of this issue.

Please help.

Thanks
Angela

From: Kevin

Date: Sat, Oct 22, 2016

Subject: Distribute-Call House Oversight Comm-Questioning IARC Cancer Classifications-Thx Kevin

To: Ellie

ASAP, Call US House Oversight Committee regarding their questioning of World Health Organization, International Assoc. for Research on Cancer (WHO/IARC) classification of substances like wireless radiation and their funding through NIH – See Reuters article attached.

Call Chairman Chaffetz and Minority Leader Cummings's office first. Ask to speak to the staffer who works with the Oversight Committee, **DO NOT TALK TO THE RECEPTIONIST**. Follow up your call with an email to that person and the Chief of Staff using the standard House format (FirstName.LastName@mail.house.gov).

See information attached regarding House Committee Members including their phone numbers, Chiefs of Staff email, biography, committees and caucuses they sit on.

Call/email as many representatives as possible. We need to make it clear how important IARC is to protecting our health. Share your personal experiences if you're ES and back it up with research and organizational findings.

If you have any questions contact me at

Kevin

From Joel Moskowitz

"In recent years IARC has caused controversy over whether such things as coffee, mobile phones, processed meat and the weed killer glyphosate cause cancer.

Its critics, including in industry, say it is sometimes too quick to conclude that substances might cause cancer, causing unnecessary health scares. It defends its methods as scientifically sound."

Exclusive: U.S. lawmakers to investigate funding of WHO cancer agency

Kate Kelland, Health and Science Correspondent, Reuters (London), Oct 6, 2016

Officials from the U.S. government's health research agency are to be questioned by a congressional committee about why taxpayers are funding a World Health Organization cancer agency facing criticism over how it classifies carcinogens.

An aide to the U.S. House Committee on Oversight and Government Reform told Reuters that National Institutes of Health officials have agreed to give an in-person briefing to the committee after questions were raised by lawmakers over its grants to the International Agency for Research on Cancer (IARC), a semi-autonomous part of the WHO based in Lyon, France.

The hearing will be in private, with NIH officials answering questions from committee investigators, the aide said.

The committee is working with the NIH to schedule the briefing soon, the aide said, but no date has yet been set.

The briefing comes after the committee's chairman added his voice to growing concerns among some senior U.S. lawmakers about the way IARC reviews and classifies substances.

In recent years IARC has caused controversy over whether such things as coffee, mobile phones, processed meat and the weed killer glyphosate cause cancer.

Its critics, including in industry, say it is sometimes too quick to conclude that substances might cause cancer, causing unnecessary health scares. It defends its methods as scientifically sound.

In a Sept. 26 letter to NIH director Francis Collins, Oversight Committee Chairman Jason Chaffetz describes IARC as having "a record of controversy, retractions, and inconsistencies" and asks why the NIH, which has a \$33 billion annual budget, continues to fund it.

"IARC's standards and determinations for classifying substances as carcinogenic, and therefore cancer-causing, appear inconsistent with other scientific research, and have generated much controversy and alarm," Chaffetz wrote.

The NIH confirmed in an email to Reuters that it had received Chaffetz's letter and "will respond directly to the committee".

The WHO referred Reuters to IARC for comment. A spokeswoman for IARC told Reuters that Chaffetz's letter contained "misconceptions" which IARC's director, Chris Wild, has sought to address in a letter of his own to the NIH director.

Wild's letter, dated Oct. 5 and copied via email to Reuters on Thursday, rejects Chaffetz's criticisms and says IARC's classifications, known as "monographs", are "widely respected for their scientific rigor, standardized and transparent process and ... freedom from conflicts of interest".

Wild also defends IARC's evaluation of coffee and disputed Chaffetz's description of it as a "retraction". IARC's previous assessment of coffee as "possibly carcinogenic" was updated in June this year, when IARC said it had found "no conclusive evidence for a carcinogenic effect".

"The (coffee) report in 2016 was not a 'retraction' but a re-evaluation based on an additional 25 years of scientific evidence," Wild said.

FULL DISCLOSURE

Chaffetz, however, asks the NIH to detail its standards for awarding grants and the vetting and oversight of grantees. It also asks for full disclosure of NIH funds to IARC or money spent in relation to IARC's activities.

Questions over grants awarded by NIH to IARC could put a significant portion of IARC's funding at risk.

IARC's resources are relatively modest. Its 2014 revenue was about 30 million euros (\$33 million).

In his letter, Chaffetz's cites the NIH's grant database as showing that it has given IARC more than \$1.2 million so far this year. The database also shows that since 1992, NIH grants to IARC have totaled some \$40 million.

The American Chemistry Council also joined those voicing concern, issuing a statement following Chaffetz's letter accusing IARC of "a long history of passing judgment on substances through a fundamentally-flawed process that yields questionable results".

"We welcome the interest of the House Committee ... and hope it will shed light on the close and somewhat opaque relationship between IARC and NIH, including the use of taxpayer dollars and resources to support IARC's activities," it said.

IARC is also in dispute with the European Food Safety Authority (EFSA) and United Nations and United States regulators over glyphosate, a widely-used weedkiller developed by Monsanto.

IARC says glyphosate is "probably carcinogenic", while EFSA and several other regulators say it isn't.

This dispute prompted Robert Aderholt, chairman of the U.S. congressional Appropriations Subcommittee on Agriculture, to write in June to NIH's Collins questioning funding of IARC.

In that letter, Aderholt says IARC's conclusions "appear to be the result of a significantly flawed process" and adds that "some in academia have raised questions about the quality of the science and the transparency of the process".

The glyphosate dispute also held up a decision on whether to relicense the product for use in Europe. (\$1 = 0.8941 euros)

<http://reut.rs/2dAPexZ>

Joel M. Moskowitz, Ph.D., Director
Center for Family and Community Health
School of Public Health
University of California, Berkeley

Electromagnetic Radiation Safety

Website: <http://www.saferemr.com>
Facebook: <http://www.facebook.com/SaferEMR>
Twitter: @berkeleyprc

From: InterLinked CEO <wirelessaction@outlook.com>
To: "savelandlines@groups.electricembers.net" <savelandlines@groups.electricembers.net>;
"stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>; Steve Hogle
<ohana@sonic.net>
Sent: Thursday, October 27, 2016
Subject: Re: [savelandlines] Fw: Distribute-Call House Oversight Comm-Questioning IARC Cancer
Classifications-Thx Kevin

IMPORTANT – I sent out an email yesterday from Rola with information as to who to email and who to call. I myself thought, as did a number of you, that a more concise and easy to access list of emails and telephone numbers would make our jobs easier. Rola has just sent me this compacted list of email addresses and telephone numbers. Please take 2 or 3 minutes today and email all the people on the list below (highlighted in yellow). If you can call people as well, that would be much appreciated!

Don't know what to say? This is the message I sent (but please make your own message if you can – if pressed for time use this one!):

Subject: Funding for the World Health Organization
Body:
To Whom It May Concern:

It has come to my attention that the government is currently considering discontinuing funding for the World Health Organization, because of their (correct) findings that cell phones can cause cancer. As a Chief of State, you are tasked with the ability to represent the people and make decisions that move our country forward. Keeping information secret from the public and cutting funding for organizations that aim to protect and serve the people is despicable and condemnable.

The Federal Communications Commission has done absolutely nothing to protect the people – our radiation limits are much too high – 60x higher than many European countries in fact. While studies have proven that biological effects in humans, sometimes severe, can begin at 3.4 microwatts/sq. meter, the limit in the US is one of the highest in the world – a whopping 600! Cutting funding for an agency that is trying to at least alert people to this conundrum is nothing short of assault on our quality of life. It is absolutely essential that funding for the World Health Organization continue – with more funding the WHO can more closely examine the science and conduct more studies to provide a more accurate statement to our country. It's time you think about the people, and not put greedy shareholders and profits before humanity and health,

With All Due Respect,

Disgusted citizen of the United States

TIP: Copy and paste all the email addresses into the BCC field of your email client. Address the email – To Whom It May Concern or "Dear Chief of Staff"

Forwarded message:

What we have seen is that most of these leaders have no clue that wireless radiation can cause health effects even though some of them and their staffers are getting sick. Having people call these offices makes Kevin's work easier as it shows that he's not the only one concerned about this issue.

Currently the House Oversight Committee is considering stopping funding of the World Health Organization that classified RF as a Class 2B carcinogen. Congress has already stopped funding EPA and FDA research of wireless health effects. The WHO is one of the last organizations left that is looking at radio frequency health effects, and now its funding is at jeopardy as well. We think Government should be increasing funding for this type of research and not limiting it considering the increase of diseases in our country.

We are asking that everyone:

1. Call these offices
2. Ask to talk to the staffer in charge of the Oversight Committee
3. Talk about symptoms they are experiencing, the science, and what they know about wireless radiation and the importance of the World Health Organization and funding their research
4. Get the name of the staffer in charge of the Oversight Committee
5. Follow up with an email to both the Oversight Committee staffer (FirstName.LastName@mail.house.gov) and the Chief of staff

Doing any or all of these items will be very helpful to Kevin. Below I've attached a simple list of emails for the Chiefs of Staff and a chart of phone numbers for all the Oversight Members' offices:

Fred.Ferguson@mail.house.gov, Vernon.Simms@mail.house.gov, Wiley.Deck@mail.house.gov,
Adam.Howard@mail.house.gov, Bob.Griffitts@mail.house.gov, Ray.Yonkura@mail.house.gov,
RJ.Laukitis@mail.house.gov, Poppy.Nelson@mail.house.gov, Tom.Vanflein@mail.house.gov,
Richard.Vaughn@mail.house.gov, Cindy.Crick@mail.house.gov, Bob.Haueter@mail.house.gov,
Landon.Stropko@mail.house.gov, Paul.Fitzpatrick@mail.house.gov, Dustin.Carmack@mail.house.gov,
Al.Simpson@mail.house.gov, Ritika.Robertson@mail.house.gov, Scott.Luginbill@mail.house.gov,
Paul.Smith@mail.house.gov, David.Sours@mail.house.gov, Steve.Moffitt@mail.house.gov,
Chris.Crawford@mail.house.gov, Tyler.Houlton@mail.house.gov, Matthew.Haskins@mail.house.gov ,
William.Smith@mail.house.gov, Mike.Iger@mail.house.gov, Raven.Reeder@mail.house.gov,
Pauline.Jamry@mail.house.gov, Kevin.Ryan@mail.house.gov, Lisa.Quigley@mail.house.gov,

James.Walkinshaw@mail.house.gov, Hunter.Ridgway@mail.house.gov, Kalina.Bakalov@mail.house.gov, Brandon.Webb@mail.house.gov, Duron.Marshall@mail.house.gov, Marc.Cevasco@mail.house.gov, James.Gee@mail.house.gov, Jerome.Murray@mail.house.gov, Betsy.Marr@mail.house.gov, Daniel.Lodise@mail.house.gov, Bob.Rogan@mail.house.gov, Dominic.Gabello@mail.house.gov

Representative	State	Chief of Staff Email	Phone #	Address
JOHN CHAFFETZ	UT	Fred.Ferguson@mail.house.gov	(202)225-7751	2236 Rayburn House
ELIJAH CUMMINGS	MD	Vernon.Simms@mail.house.gov	(202) 225-4741	2230 Rayburn HOB
JOHN MICA	FL	Wiley.Deck@mail.house.gov	(202) 225-4035	2187 Rayburn House
MICHAEL TURNER	OH	Adam.Howard@mail.house.gov	(202) 225-6465	2239 Rayburn Building
JOHN DUNCAN	TN	Bob.Griffitts@mail.house.gov	(202) 225-5435	2207 Rayburn HOB
JIM JORDAN	OH	Ray.Yonkura@mail.house.gov	(202) 225-2676	1524 Longworth House Office Bldg
TIM WALBERG	MI	RJ.Laukitis@mail.house.gov	(202) 225-6276	2436 Rayburn House Office Building
JUSTIN AMASH	MI	Poppy.Nelson@mail.house.gov	(202) 225-3831	114 Cannon House Office Building
PAUL GOSAR	AZ	Tom.Vanflein@mail.house.gov	(202) 225-2315	504 Cannon House Office Building
SCOTT DESJARLAIS	TN	Richard.Vaughn@mail.house.gov	(202) 225-6831	413 Cannon House Office Building
TREY GOWDY	SC	Cindy.Crick@mail.house.gov	(202) 225-6030	1404 Longworth House Office Building
BLAKE FARENTHOLD	TX	Bob.Haueter@mail.house.gov	(202) 225-7742	1027 Longworth House Office Building

CYNTHIA LUMMIS	WY	Landon.Stropko@mail.house.gov	(202) 225-2311	2433 Rayburn House Office Building
THOMAS MASSIE	KY		(202) 225-3465	314 Cannon House Office Building
MARK MEADOWS	NC	Paul.Fitzpatrick@mail.house.gov	(202) 225-6401	1024 Longworth House Office Building
RON DESANTIS	FL	Dustin.Carmack@mail.house.gov	(202) 225-2706	308 Cannon House Office Building
MICK MULVANEY	SC	Al.Simpson@mail.house.gov	(202) 225-5501	2419 Rayburn House Office Building
KEN BUCK	CO	Ritika.Robertson@mail.house.gov	(202) 225-4676	416 Cannon House Office Building
MARK WALKER	NC	Scott.Luginbill@mail.house.gov	(202) 225-3065	312 Cannon House Office Building
ROD BLUM	IA	Paul.Smith@mail.house.gov	(202) 225-2911	213 Cannon House Office Building
JODY HICE	GA	David.Sours@mail.house.gov	(202) 225-4101	1516 Longworth House Office Building
STEVE RUSSELL	OK	Steve.Moffitt@mail.house.gov	(202) 225-2132	128 Cannon House Office Building
BUDDY CARTER	GA	Chris.Crawford@mail.house.gov	(202) 225-5831	432 Cannon House Office Building
GLENN GROTHMAN	WI	Tyler.Houlton@mail.house.gov	(202) 225-2476	501 Cannon House Office Building

WILLIAM HURD	TX	Matthew.Haskins@mail.house.gov	(202) 225-4511	317 Cannon House Office Building
GARY J. PALMER	AL	William.Smith@mail.house.gov	(202) 225-4921	206 Cannon House Office Building
CAROLYN MALONEY	NY	Mike.Iger@mail.house.gov	(202) 225-7944	2308 Rayburn House Office Building
ELEANOR HOLMES NORTON	DC	Raven.Reeder@mail.house.gov	(202) 225-8050	2136 Rayburn House Office Building
WILLIAM LACY CLAY	MO	Pauline.Jamry@mail.house.gov	(202) 225-2406	2428 Rayburn House Office Building
STEPHEN LYNCH	MA	Kevin.Ryan@mail.house.gov	(202) 225-8273	2369 Rayburn House Office Building
JIM COOPER	TN	Lisa.Quigley@mail.house.gov	(202) 225-4311	1536 Longworth House Office Building
GERALD E. CONNOLLY	VA	James.Walkinshaw@mail.house.gov	(202) 225-1492	2238 Rayburn House Office Building
MATT CARTWRIGHT	PA	Hunter.Ridgway@mail.house.gov	(202) 225-5546	1419 Longworth House Office Building
TAMMY DUCKWORTH	IL	Kalina.Bakalov@mail.house.gov	(202) 225-3711	104 Cannon House Office Building
ROBIN KELLY	IL	Brandon.Webb@mail.house.gov	(202) 225-0773	1239 Longworth House Office Building
BRENDA LAWRENCE	MI	Duron.Marshall@mail.house.gov	(202) 225-5802	1237 Longworth House Office Building

TED LIEU	CA	Marc.Cevasco@mail.house.gov	(202) 225-3976	415 Cannon House Office Building
BONNIE WATSON COLEMAN	NJ	James.Gee@mail.house.gov	(202) 225-5801	126 Cannon House Office Building
STACEY E. PLASKETT	VI	Jerome.Murray@mail.house.gov	(202) 225-1790	509 Cannon House Office Building
MARK DESAULNIER	CA	Betsy.Marr@mail.house.gov	(202) 225-2095	327 Cannon House Office Building
BRENDAN F. BOYLE	PA	Daniel.Lodise@mail.house.gov	(202) 225-6111	118 Cannon House Office Building
PETER WELCH	VT	Bob.Rogan@mail.house.gov	(202) 225-4115	2303 Rayburn House Office Building
MICHELLE LUJAN GRISHAM	NM	Dominic.Gabello@mail.house.gov	(202) 225-6316	214 Cannon House Office Building

BLUETOOTH is NOT SAFE!

From: InterLinked CEO <wirelessaction@outlook.com>

To: "savelandlines@groups.electricembers.net" <savelandlines@groups.electricembers.net>;

"stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>

Sent: Monday, October 24, 2016

Subject: [savelandlines] BLUETOOTH is NOT SAFE!

I think in our movements to raise awareness of wireless, we talk about cell phones, and we talk about cordless phones, and Wi-Fi and smart-meters, but we don't always hit on bluetooth,

Check out a short minute from this video online:

<https://www.youtube.com/watch?v=yqZ5VjEK4KY&t=264>

Bluetooth can be even MORE dangerous than Wi-Fi!

... so when the government advocates for "hands-free bluetooth driving", they're not really doing people a favor, are they? The ONLY solution to distracted driving is to not be distracted. Hands-free driving is obviously another push by the industry and the government to keep us all ignorant,

Go wired!

Naveen

CEO, InterLinked Project – www.interlinked.x10host.com

Member, Save Landlines/Stop Smart Meters Coalitions – www.savelandlines.org; www.stopsmartmeters.org

Cell phones, cordless phones, and Wi-Fi have been linked to cancer and other negative health effects. Learn more, sign petitions, and take the survey at <https://wirelessaction.wordpress.com/>

"Getting rid of your landline is like getting rid of your refrigerator and using a cooler"

"Getting rid of your landline is like disconnecting from the water utility because they sell bottled water at the store"

This message was sent safely and securely over an Ethernet cable.

You received this message as a subscriber on the list:
savelandlines@groups.electricembers.net

For all list information and functions, see:
<http://groups.electricembers.net/lists/info/savelandlines>

From: Isis

To: InterLinked CEO <wirelessaction@outlook.com>; "savelandlines@groups.electricembers.net" <savelandlines@groups.electricembers.net>; "stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>

Sent: Tuesday, October 25, 2016

Subject: Re: [savelandlines] [stopsmartmeters] BLUETOOTH is NOT SAFE!

Check out Amy's channel. She measures in some interesting places:
<https://www.youtube.com/user/thisirradiatedlife/videos>

Isis

Wireless Radiation Accelerates Corrosion of Reinforced Concrete

From: Andrew Michrowski <paceincnet@gmail.com>

Sent: Wednesday, October 26, 2016

Subject: Fwd: Next-up News 3243 Faisceaux Antennes Relais et Corrosion: Réalisation et tests comparatifs inductions électromagnétiques (Reportage HD)

One of the modalities for accelerated corrosion due to widespread wireless technology emissions: what is more important: our structures, infrastructures (including road and rail routes, bridges, pipelines) or watching videos, "ghosting", chat?

Andrew Michrowski

Google Abandoning Fiber

From: Joshua

To: Save Landlines <savelandlines@groups.electricembers.net>; "stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>

Sent: Wednesday, October 26, 2016

Subject: [savelandlines] Google Abandoning Fiber

Bad news – What do you want to bet the “new technology” is 5G wireless?

Google Fiber to cut jobs and halt expansion of US internet service

<https://www.theguardian.com/technology/2016/oct/26/google-fiber-internet-stops-alphabet-layoffs>

Ambitious – and expensive – high-speed internet program will stop plans to expand to new cities as business reportedly under pressure to cut costs

Google’s parent company is halting operations and laying off staff in a number of cities where it once hoped to bring high-speed internet access by installing new fiber-optic networks.

The company also announced that Craig Barratt, a veteran tech executive who led the ambitious – and expensive – Google Fiber program, is stepping down as CEO of Access, the division of Google’s parent company, Alphabet, that operates the five-year-old program.

In a statement, Barratt said Google Fiber would continue to provide service in a handful of cities where it’s already operating, including Atlanta, Austin and Charlotte.

But it will pause further plans in at least eight more metropolitan areas where it has been holding exploratory talks with local officials. Those include Oklahoma City, Phoenix, Dallas, Tampa and Jacksonville in Florida, Portland in Oregon and Los Angeles and San Jose in California.

Barratt didn’t say how many jobs would be cut. His statement described the Access business as “solid”, but said it would make “changes to focus our business and product strategy” and **incorporate new technology**.

A recent report by the tech news site the Information said the business was under pressure by the Alphabet CEO, Larry Page, to cut costs after failing to meet financial goals, including a target of signing up five million subscribers.

Barratt said he would continue to serve as an adviser to Page.

Josh Hart MSc

Director, Stop Smart Meters!

<http://StopSmartMeters.org>

PO Box 682 Portola, CA 96122

Toll-Free Hotline: (888) 965-6435

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Sent from my safer, wired computer

No Longer a Conspiracy Theory: CIA Director Admits Plans of Aerosol Spraying for Geoengineering

From: Andrew Michrowski <paceincnet@gmail.com>

Sent: Wednesday, October 26, 2016

Subject: Fwd: No Longer a Conspiracy Theory: CIA Director Admits Plans of Aerosol Spraying for Geoengineering

Helpful amplification of this historically critical impetus – for potential self-destruction.

Andrew Michrowski

On Tue, Oct 25, 2016 Christina wrote:

Dear Dr. Michrowski,

I happened to be forwarded your email from July that included the article about CIA Director John Brennan discussing plans of Aerosol Spraying for Geoengineering. At the top of your email you wrote the following,

"For your records. Do we want, need this additional "cure"? Should be thought through for the generations not to suffer the consequences."

With all due respect Dr. Michrowski, we, and especially our planet Earth, are already suffering the consequences of geoengineering programs which have been taking place and wreaking havoc on the biosphere and its life support systems for many decades. This includes HAARP and other EMF technologies which are a very large component in climate engineering programs.

I strongly recommend for you to visit the website Geoengineering Watch (links below) where you will find ample information on this dire issue and testimonies, even admissions, from many experts and whistleblowers. If you would like to read more about the CIA director's discussion of stratospheric aerosol injection I suggest the following articles / interview;

Former CNN Reporter Greg Hunter Covers Global Climate Engineering Assault

<http://www.geoengineeringwatch.org/former-cnn-reporter-greg-hunter-covers-global-climate-engineering-assault/>

Chuck Norris Sees Signs Of 'Geo-Engineering Government Cover-Up'

<http://www.geoengineeringwatch.org/exclusive-chuck-norris-sees-signs-of-geo-engineering-government-cover-up/>

Here is another CIA person, former CIA officer Kevin Shipp addressing climate engineering and government gag orders;

CIA Whistleblower Speaks Out About Climate Engineering, Vaccination Dangers, 911, And The Government's Persecution Of Truth-Tellers

<http://www.geoengineeringwatch.org/cia-whistleblower-speaks-out-about-climate-engineering-vaccination-dangers-911-and-the-governments-persecution-of-truth-tellers/>

FYI, a class action law suit has been filed in the U.S. and in Canada by a large and growing group of attorneys. The lawsuit in Canada was filed earlier this year;

Pushing Back Against Climate Engineering, Canadian Lawsuit Is Filed

<http://www.geoengineeringwatch.org/pushing-back-against-climate-engineering-canadian-lawsuit-filed/>

Canadian legal action website

<http://www.aerialdischargeclassaction.ca/>

U.S. legal team

<http://www.geoengineeringwatch.org/geoengineeringwatch-org-introduces-the-us-anti-geoengineering-legal-team/>

In closing, Dr. Michrowski, I hope that you will carefully investigate this critical issue and continue to share credible information with your contacts. Perhaps in the near future your organization will join the many others who are speaking out against these extremely toxic, destructive programs.

Thank you for your time.

Sincerely,

Christina

Ontario GeoEngineering Action Group

'Climate engineering is the deliberate and large-scale intervention in the Earth's climatic system.'

Learn more at: www.GeoengineeringWatch.org

Qualcomm launching first 5G modem with 5Gbps peak download

The Snapdragon X50 delivers insanely fast download speeds.

Qualcomm promises to launch its first 5G modem in 2018 that will deliver extraordinarily fast download speeds at around 5Gbps.

Deemed the Snapdragon X50, the modem will operate with a bandwidth of approximately 800MHz on the millimeter wave (mmWave) spectrum, a frequency also being considered by Samsung, Nokia, and Verizon. In the UK, Ofcom is looking into a number of bands ranging between 6GHz and 100GHz. Qualcomm's bid could revolutionize the industry, generating a final frequency well before 2020 – the year 5G is expected to reach consumer products.

"The Snapdragon X50 5G modem heralds the arrival of 5G as operators and OEMs reach the cellular network and device testing phase," said Qualcomm exec VP Cristiano Amon.

The company noted that the modem design aids early trials for manufacturers and operators. It has the ability to switch back down to 4G LTE if a 5G device cannot be found. Qualcomm's device increases the number of base stations (small cells) and uses numerous Multiple-Input Multiple-Output (MIMO) antennas.

By using multi-element antenna arrays, the Snapdragon X50 5G modem is able to overcome mmWave's limitations. The antennas are designed to use beamforming and beam tracking technologies, extending mmWave's mobility and reach. It can direct the mmWave beam and bounce off obstacles to reach the mmWave 5G small cell that it may be communicating with.

Additionally, Qualcomm unveiled its next generation of chips: the Snapdragon 653, 626, and 427, which will supersede its current 652, 625, and 425 chips. All three chips are mid-range solutions and have support for new key features. They integrate the company's newer X9 LTE modem, which allows Cat 7 downlink speeds of up to 300Mbps and Cat 13 uplink speeds reaching 150Mbps. Dual-camera support is also included in the new chips and may deliver four times the charging speeds.

The 653 and 626 chipsets will be available by the end of the year, and the 427 is planned to be placed into consumer devices by early 2017.

Source: Ars Technica

By Jennifer Korszun

Learn more about Electronic Products Magazine

Source:

http://www.electronicproducts.com/Computer_Peripherals/Communication_Peripherals/Qualcomm_launching_first_5G_modem_with_5Gbps_peak_download.aspx

City Of Berkley, CA Has Adopted An Ordinance Requiring All Wireless Retailers To Post Warning On Radiation

From: InterLinked CEO <wirelessaction@outlook.com>

To: "savelandlines@groups.electricembers.net" <savelandlines@groups.electricembers.net>;

"stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>

Sent: Thursday, October 27, 2016

Subject: [savelandlines] PROGRESS AT LAST! If Only Every City in the United States Had Laws Like this one...

Finally, something good showed up in the news today... now if only we could get a nation-wide ordinance!

<http://www.healthfreedoms.org/city-of-berkley-ca-has-adopted-an-ordinance-requiring-all-wireless-retailers-to-post-warning-on-radiation/>

City Of Berkley, CA Has Adopted An Ordinance Requiring All Wireless Retailers To Post Warning On Radiation

Last Tuesday, the Berkeley City Council unanimously adopted an ordinance to require cellphone retailers in Berkeley, California to provide consumers with information regarding the dangers associated with the wireless industry and more specifically, on cell phone radiation.

This ordinance is a big step forwards by creating awareness about this topic, which is clearly something we need more of. It specifically requires all cellphone retailers in the area to provide consumers with a notice on radio frequency (RF) radiation exposure and the proper guidelines to help users avoid this type of exposure. Warnings may include the dangers associated with carrying a phone in a shirt, pants, tucked into a bra or anywhere else on a person that may exceed federal safety guidelines.

The ordinance was created with the help of Lawrence Lessig, a Law Professor at Harvard University, and Robert Post, the Dean of Yale Law School, as well as the California Brain Tumor Association, who believes, along with hundreds of other scientists, that the research is sound.

In retaliation, the wireless industry has filed an appeal against the ordinance. Notifying consumers of the harms associated with cell phone use at the point of sale would clearly hurt their profits. Some companies already have warnings in their packaging, but it's only found in the fine print and isn't mentioned at the point of sale.

For example, here's a statement from Apple about the issue, who already has existing safety recommendations for cellphone use; however, most people don't know about them:

“To reduce exposure to RF energy, use a hands-free option, such as the built-in speakerphone, the supplied headphones, or other similar accessories. Carry iPhone at least 10mm away from your body to ensure exposure levels remain at or below the as-tested levels. Cases with metal parts may change the RF performance of the device, including its compliance with RF exposure guidelines, in a manner that has not been tested or certified.”

A similar statement from Blackberry reads as follows:

“Use hands-free operation if it is available and keep the BlackBerry device at least 0.59 in (15mm) from your body (including the abdomen of pregnant women)...

The issue here is that Berkeley citizens and most other cell-phone users are completely unaware of these guidelines and the dangers surrounding cell phone usage, which has obviously been downplayed by the industry.

For example, a poll conducted by Lessig and his colleague before the ordinance was finalized found that:

74% of Berkeley residents carry their cell phones against their bodies

70% said they didn't know that cell phones were tested assuming they would not be carried against the body

80 % said they might change their behavior if they knew that “radiation tests to assure the safety of cell phones assume a cell phone would be carried away from your body”

85 % said they had never known or read any of the manufacturer's recommendations

82% said they would want this information made available to them at the time they purchased their cell phone.

The underlying purpose of this poll, and the ordinance in general, is to shed light on the apparent disconnect that exists between the current safety recommendations and customer knowledge and understanding of those recommendations.

Here's the text of the required notice, as Lessig writes in his blog:

“The City of Berkeley requires that you be provided the following notice: To assure safety, the Federal Government requires that cell phones meet radio frequency (RF) exposure guidelines. If you carry or use your phone in a pants or shirt pocket or tucked into a bra when the phone is ON and connected to a wireless network, you may exceed the federal guidelines for exposure to RF radiation. This potential risk is greater for children. Refer to the instructions in your phone or user manual of information about how to use your phone safely.”

This is a Very Minimal Requirement

Despite the fact that informing customers of the dangers of cell phone usage is the ethical thing to do, the wireless industry has filed an appeal to stop this effort.

Specifically, CTIA (wireless association) filed the appeal after a judge ruled in favor of the ordinance. However, the California Brain Tumour Association claims that:

One of the members of the three-judge panel, Michelle Friedland, is married to Daniel Kelly, a DSP senior engineer with Tarana Wireless Inc. and has worked on the 5G technology for the upcoming rollout to the market.

According to the California Brain Tumor Association, AT&T is a major investor in Tarana, which also has a past chief technology officer of Ericsson and Sony Mobile sitting on its board of directors. The association also assumes that Kelly is a stockholder in Tarana, giving him a vested interest in the wireless industry....

If a judge has any financial interest in a controversy before her, she should have rescued herself from the case...Just the fact that her husband is in the industry and the timeliness of this with the 5G rollout is probably enough for her to rescue herself.

Below is a picture of Tom Wheeler, Federal Communications Commission (FCC) Chair & former Senior Lobbyist, announcing the roll out of 5G microwave technology.

So, what exactly is happening here? Basically, the privatization of this rollout may remove oversight and standards.

Unfortunately, big industry has paid off the scientists, bought the lawmakers, and ruled the proliferation of microwaves and other phenomena as “safe.” A powerful group of people have infiltrated these organizations along with most international health agencies.

“The medical profession is being bought by the pharmaceutical industry, not only in terms of the practice of medicine, but also in terms of teaching and research. The academic institutions of this country are allowing themselves to be the paid agents of the pharmaceutical industry. I think it’s disgraceful.” – Arnold Seymour Relman (1923-2014), Harvard Professor of Medicine and Former Editor-in-Chief of the New England Medical Journal

The Science

Dr. Joel M. Moskowitz, the Director and Principal Investigator at the Center for Family and Community Health at Berkeley School of Health, and Dr. Martin Blank of the Department of Physiology and Cellular Biophysics and Colombia University, are two out of hundreds of scientists from more than 30 countries who have produced more than 2,000 peer-reviewed articles about the hazardous effects of RF radiation.

All of these scientists united together and formally signed and sent a letter to the United Nations requesting more thorough and unbiased research be performed regarding the dangers of RF radiation.

Below is a video of Dr. Blank outlining the potential hazards associated with these devices:

Here is a video of him giving a lecture about the issue.

Did you know that The International Agency for Research on Cancer (IARC) classified radio frequency fields (including those from cell phones) as a possible carcinogen in 2011? The dangers of cell phone usage gained significant mainstream credibility in 2011 when the World Health Organization (WHO) admitted that cell phone radiation may cause cancer. The statement was based off a cumulative decision made by a team of 31 scientists from 14 different countries after reviewing evidence in support of their claim. It's pretty startling news, especially given the fact that a child's brain absorbs much more radiation than that of an adult.

Below is a video of Dr. Devra Davis, one of the most well-respected and credentialed researchers on the dangers of cellphones:

“[A] cellphone is a two-way microwave radio...Industry has fought successfully to use the phrase ‘radiofrequency energy’ instead of microwave radiation. Because they know radiofrequency energy sounds fine.

We listen to music with radios. Everybody needs more energy. What could be better than that?

But radio frequency energy is another word for microwave radiation. If people understood that they were holding a two-way microwave-radiating device next to their brain or next to their reproductive organs, they might think differently about it.”

Things You Can Do To Limit Your Exposure & Why You Shouldn't Worry

Worrying is pointless, and solves nothing. That being said, coming across such information can be scary, and that's the last reaction you should have; after all, our thoughts feelings and emotions alone have shown to have a significant effect on our biology, and letting go of fear could possibly be the first step in helping you limit the effect that EMFs could be having on your body. That being said, here are some others measures you can take:

As Dr. Mercola points out, until the industry starts taking this matter seriously, the responsibility to keep children safe falls on the parents. To minimize the risk to your brain, and that of your child, pay heed to the following advice:

Don't let your child use a cell phone. Barring a life-threatening emergency, children should not use a cell phone, or a wireless device of any type. Children are far more vulnerable to cell phone radiation than adults, because of their thinner skull bones.

Keep your cell phone use to a minimum. Turn your cell phone off more often. Reserve it for emergencies or important matters. As long as your cell phone is on, it emits radiation intermittently, even when you are not actually making a call. Use a land line at home and at work.

Reduce or eliminate your use of other wireless devices. Just as with cell phones, it is important to ask yourself whether or not you really need to use them every single time. If you must use a portable home phone, use the older kind that operates at 900 MHz. They are no safer during calls, but at least some of them do not broadcast constantly even when no call is being made.

You can measure your exposure from your cordless phone with an electrosmog meter, and it must be one that goes up to the frequency of your portable phone. As many portable phones are 5.8 Gigahertz, we recommend you look for RF meters that go up to 8 Gigahertz.

You can find RF meters at EMFSafetyStore.com. Even without an RF meter, you can be fairly certain your portable phone is problematic if the technology is labeled DECT, or digitally enhanced cordless technology. Alternatively, you can be very careful with the base station placement as that causes the bulk of the problem since it transmits signals 24/7, even when you aren't talking.

“If you can keep the base station at least three rooms away from where you spend most of your time, and especially your bedroom, they may not be as damaging to your health. Ideally it would be helpful to turn off or disconnect your base station every night before you go to bed.” – Dr Mercola

Limit cell phone use to areas with excellent reception. The weaker the reception, the more power your phone must use to transmit, and the more power it uses, the more radiation it emits, and the deeper the dangerous radio waves penetrate into your body. Ideally, you should only use your phone with full bars and good reception.

Avoid carrying your cell phone on your body, and do not sleep with it under your pillow or near your head. Ideally, put it in your purse or carrying bag. Placing a cell phone in your bra or in a shirt pocket over your heart is asking for trouble, as is placing it in a man's pocket if he seeks to preserve his fertility.

The most dangerous place to be, in terms of radiation exposure, is within about six inches of the emitting antenna. You do not want any part of your body within that area while the phone is on.

Don't assume one cell phone is safer than another. There's no such thing as a 'safe' cell phone.

Respect others; many are highly sensitive to EMF. Some people who have become sensitive can feel the effects of others' cell phones in the same room, even when it is on but not being used.

If you are in a meeting, on public transportation, in a courtroom or other public places, such as a doctor's office, keep your cell phone turned off out of consideration for the 'secondhand radiation' effects. Children are also more vulnerable, so please avoid using your cell phone near children.

Use a well-shielded wired headset: Wired headsets will certainly allow you to keep the cell phone farther away from your body. However, if a wired headset is not well-shielded – and most of them are not – the wire itself can act as an antenna attracting and transmitting radiation directly to your brain.

So make sure the wire used to transmit the signal to your ear is shielded. One of the best kinds of headsets use a combination of shielded wire and air-tube. These operate like a stethoscope, transmitting the sound to your head as an actual sound wave; although there are wires that still must be shielded, there is no wire that goes all the way up to your head.

Tips for Avoiding Dirty Electricity Risks

Additional options to minimize your risks from dirty electricity, compiled by Paula Owens, M.S. for the Ahwatukee Foothill News, include:

- Avoid using laptop computers on your lap.
- Switch out compact fluorescent light (CFL) bulbs for incandescent light bulbs.

- Consider replacing Wi-Fi routers with Ethernet cables.
- Avoid electric water beds, blankets and heating pads.
- Remove electrical devices from your sleeping area. If you must use an electric alarm clock, keep it at least five inches from your body when sleeping. Or, opt for a battery-operated clock.
- Move power strips at least three inches away from your feet.
- Switch to flat-screen TVs and computer monitors as these emit less EMFs than the older styles.
- If you live in close vicinity to or underneath electrical wires, power lines or cell phone towers, you may want to consider moving.
- Stand three to four feet away from microwave ovens when in use [or stop using them altogether].
- Consider shielding devices to reduce EMFs from cell phones, cordless phones and landline speaker phones.
- Ask your electric utility provider to remove wireless smart meters and replace them with a wired smart meter.
- Walk barefoot on the sand, grass or dirt. This common practice known as earthing or grounding allows the healing negative ions from the ground to flow into our body and have been shown to reduce stress hormones and inflammation.
- Use 100 percent beeswax candles and Himalayan salt lamps in your home and office to absorb EMFs from the air. Salt lamps serve as natural room ionizers, emitting negative ions into the environment that effectively bind with all the excess positive ions, reducing EMFs, killing bacteria and purifying the air.”

Naveen Albert

CEO, InterLinked Project - www.interlinked.x10host.com

Member, Save Landlines/Stop Smart Meters Coalitions – www.savelandlines.org; www.stopsmartmeters.org

Cell phones, cordless phones, and Wi-Fi have been linked to cancer and other negative health effects. Learn more, sign petitions, and take the survey at <https://wirelessaction.wordpress.com/>

"Getting rid of your landline is like getting rid of your refrigerator and using a cooler"

"Getting rid of your landline is like disconnecting from the water utility because they sell bottled water at the store"

This message was sent safely and securely over an Ethernet cable.

You received this message as a subscriber on the list:

savelandlines@groups.electricembers.net

To be removed from the list, send any message to:

savelandlines-unsubscribe@groups.electricembers.net

For all list information and functions, see:

<http://groups.electricembers.net/lists/info/savelandlines>

From: Andrew Michrowski <paceincnet@gmail.com>

To: PACE Geneva <pace4geneva@gmail.com>

Sent: Thursday, October 27, 2016

Subject: IMPORTANT DOCUMENT FROM ECOLOGIST - Fwd: Wireless pollution 'out of control' as corporate race for 5G gears up

Note in Prof. Salford's video how brain barrier and tumor factors significantly accrue beyond 24 - 50 days of exposure at weak fields (near 1 or less microW/cm² exposure). This means that especially typical Central Canada wireless technology (combined with transmission and distribution lines that carry signals from smart meters and routers "Internet of Things + municipal emergency communication towers), background levels degrade (even relatively remote zones such as Maniwaki, Windsor-London corridor, Eastern Townships, Fraser Valley beyond Abottsford can create long-term chaos in living systems: human, fauna, and flora. And within a decade, it will be ten to one hundred times worse, as per standing policies and non-control operationality.

This is a keystone documentation – with important impetus for political-level action based on real science, ranging from environmental, public health and international/national/regional/local security policies.

(And, of course, the individual's self-respect for humane survival, enjoyment of life and social responsibility.)

Andrew Michrowski

Wireless pollution 'out of control' as corporate race for 5G gears up

From: Joel MOSKOWITZ <jmm@berkeley.edu>

Date: Thu, Oct 27, 2016

Subject: Wireless pollution 'out of control' as corporate race for 5G gears up

To: CHE-EMF <cheemf@lists.healthandenvironment.org>

Wireless pollution 'out of control' as corporate race for 5G gears up

Lynne Wycherley, Ecologist, October 27, 2016

With the UK's Digital Economy Bill set to be finalized today, new 5G microwave spectra are about to be released across the planet without adequate safety testing, writes Lynne Wycherley. Global neglect of the Precautionary Principle is opening the way to corporate profit but placing humans and ecosystems at risk, and delaying a paradigm shift towards safer connectivity.

The worldwide rush to 5G wireless rollouts is set to raise our pulsing pollution to new levels. Untested, high microwave frequencies are being lined up to increase bandwidth, automation, and usage.

In Drowning in a Sea of Microwaves <http://www.i-sis.org.uk/DSOM.php>, the late geneticist Dr. Mae-Wan Ho – a visionary voice who opposed GMOs – identified pollution from wireless technologies as a pressing issue of our times.

Noting evidence for "DNA damage ... cancers, microwave sickness, [and], impairment of fertility", she concluded: "Evidence is emerging that the health hazards associated with wireless microwaves are at least comparable to, if not worse than, those associated with cigarette smoking."

Since the advent of radar, followed by mobile phones and dense Wi-Fi networks, such anthropogenic radiation has sky-rocketed. Although it is non-ionizing, and does not destabilize molecules directly, evidence of other harm has been growing since 1950's studies on radar workers.

According to the updated Bio-initiative Report (2012+) <http://www.bioinitiative.org/table-of-contents/> by 29 precautionary scientists, effects on biology feature in several thousand, peer-reviewed papers. Yet troubling new findings rarely filter into the media. Or global Green discourse.

Though many studies have reported 'no significant effect', research by University of Washington biology professor Henry Lai, and others, reveals that wireless-industry funding http://www.mreengenharia.com.br/pathfisiology/Pathophysiology_2009_L_Morgan.pdf is far more likely to yield such findings.

"*Toujours ils créent doute*" ('they are forever creating doubt'), explains former Luxembourg Green MP Jean Huss, whose research on the wireless industry inspired the Council of Europe to call for many precautions <http://assembly.coe.int/nw/xml/XRef/Xref-XML2HTML-en.asp?fileid=17994&> (2011), including protection of warning scientists, and wired internet in schools.

But wireless-product marketing has a loud voice. Few of us realize that genetic effects http://www.bioinitiative.org/report/wp-content/uploads/pdfs/sec06_2012_genetic_effects_non-ionizing.pdf and free radical damage <https://www.ncbi.nlm.nih.gov/pubmed/26151230> – both disease risks over time – are the most common, cautionary findings. Device-crowded spaces, such as our peak commuter trains or all-wireless classrooms, may be creating a subtly toxic environment.

Wide-ranging, oxidative harm to animals has been found from Wi-Fi sources <http://wifiinschools.org.uk/30.html>. And linked pre-diabetic and pre-cancerous changes. Ground-breaking work by biochemistry professor Martin Pall <https://www.youtube.com/watch?v=J0zBoc0cL7I>, Washington State University – winner of eight international awards – reveals a viable mechanism for such harm. But as with other 'inconvenient truths', it is going unheard.

Bee-whispers: the sensitivity of life on Earth

Life's exquisite electro-physiology is still being discovered. Researchers at Bristol University reported in May that bees' hairs <http://www.bristol.ac.uk/news/2016/may/dancing-hairs-alert-bees.html> are highly sensitive to flowers' delicate EMFs. In controlled trials in Switzerland, bees reacted to mobile-phone signals <http://link.springer.com/article/10.1007/s13592-011-0016-x> with high-pitched 'piping': a cue to desert a hive.

Other studies show that mitochondria <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4440565/>, the tiny power houses in our cells, are at risk from our new EMFs. And that even DNA <https://www.ncbi.nlm.nih.gov/pubmed/21457072>, in its delicate antenna-like structure, may be frequency-sensitive.

The long-term, ecological implications of our new, anthropogenic radiation are not known. But peer-reviewed studies revealing harm to birds <https://drive.google.com/file/d/0B14R6QNkmaXucU5LUk5GRVBzMkU/view>, tadpoles <https://www.ncbi.nlm.nih.gov/pubmed/20560769>, trees <https://www.ncbi.nlm.nih.gov/pubmed/27552133>, other plants <https://www.ncbi.nlm.nih.gov/pubmed/18026987>, insects, rodents and livestock <https://www.bems.org/node/14835>, offer clues.

Biology professor Lukas Margaritis, at Athens University, for example, uncovered harm to fruit flies <http://www.powerwatch.org.uk/news/20131021-ants-and-drosophila.asp> from just a few minutes' exposure to our everyday wireless devices, including cordless phones, Bluetooth, and even digital baby monitors.

Reviewing research, India's Ministry of Environment and Forests http://www.moef.nic.in/sites/default/files/Advisory_Mobile%20towers.pdf warned that sensitive habitats may need some protection.

The UK's Digital Economy Bill http://www.publications.parliament.uk/pa/bills/cbill/2016-2017/0045/cbill_2016-20170045_en_1.htm, about to receive its final seal, has sensible proposals for increasing country-wide access to fibre broadband: a technology that does not, in itself, stoke microwave pollution, though wireless add-ons do so. But probe beyond the bill to Ofcom's 5G consultations, and new EMF exposures emerge: part of global trend.

The worldwide rush towards 5G or 'fifth generation' wireless rollouts is set to raise our pulsing pollution to new levels. Untested, high microwave frequencies are being lined up to increase bandwidth, automation, and usage – at great profit to the industry.

These millimeter and centimeter waves, though too weak to heat us, may pose possible risks to our skin, and deeper surface tissue, including that of plants. High-density transmitters are envisaged. A troubling prospect for the many hundreds of patients seen by professor Dominique Belpomme's https://translate.google.co.uk/translate?hl=en&sl=fr&u=http://www.artac.info/fr/artac/notre-organisation/mr-d-belpomme_000018.html&prev=search clinic in Paris: patients whose disabling symptoms from wireless technologies are supported by new brain scans and blood tests <https://www.ncbi.nlm.nih.gov/pubmed/26613326>.

A delegation of scientists have petitioned for such electrosensitivity to be recognized as an environmentally-induced illness http://www.ehs-mcs.org/fichiers/1441982143_Statement_EN_DEFINITIF.pdf, with an International Disease Code (2015).

Rip-tides: when profits outpace caution

Pushing for fast rollouts, the wireless industry is also in conflict with the International EMF Scientists' Appeal <https://www.emfscientist.org/> to the United Nations. Signed by 223 scientists from 41 nations, it calls for remedial action – such as new safety limits, wave-free zones, and education of doctors – to protect our DNA, fertility, and nervous systems, plus children and pregnant women, from growing wireless exposure. And from rising, mains-electricity fields.

Signs that such caution may be needed are growing. The pulsed, polarized <http://www.nature.com/articles/srep14914>, microwaves used by wireless technologies pose more biological risks http://www.eloverkanslig.se/rapporter/Bioinitiative/section_14.pdf than smooth or natural waves. Weak millimeter waves have a known potential to increase antibiotic resistance https://www.researchgate.net/publication/301353417_Millimeter_waves_or_extremely_high_frequency_electromagnetic_fields_in_the_environment_what_are_their_effects_on_bacteria: what ecological effects might they risk, perhaps, if used universally?

Studies also reveal a risk to skin pain receptors <http://ehtrust.org/letter-fcc-dr-yael-stein-md-opposition-5g-spectrum-frontiers/>. Published associations between radio-masts <https://www.ncbi.nlm.nih.gov/pubmed/12071358> and skin cancers, though at lower frequencies, plus mobile-phone masts and EMF-sensitive cancers https://www.researchgate.net/publication/51479304_Mortality_by_neoplasia_and_cellular_telephone_base_stations_in_the_Belo_Horizonte_municipality_Minas_Gerais_state_Brazil (Adilza Dode, Minas Gerais University 2013), raise further questions.

In his summer press conference, Tom Wheeler – former head of the CTIA, the vast telecoms lobby group, and controversial chair of the Federal Communications Commission http://www.nytimes.com/2013/05/09/opinion/tom-wheeler-an-industry-man-for-the-fcc.html?_r=0 – proposed unbridled "*massive deployment*" of commercial 5G transmitters, taking off in 2020.

Anticipating *"tens of billions of dollars"* of economic growth, with US telecoms *"first out of the gate"*, he warned *"Stay out of the way of technological development! Turning innovation loose is far preferable to expecting ... regulators to define the future"*.

With no mention of health-testing, carbon costs, or corporate responsibility, the FCC voted unanimously <https://www.fcc.gov/document/spectrum-frontiers-ro-and-fnprm> to go ahead by releasing swathes of untested high frequencies for private sector exploitation – so setting a trend. To questionable ends: added to other issues, how will our communities be affected by addiction to 5G multi-stream videos? How will it impact our spiritual communion with Nature?

Many American health activists, and cautioning scientists, are aghast. Dr. Joel Moskowitz, director of community health studies at the University of California, warns "precaution is warranted before 5G is unleashed on the world".

Former government physicist Dr. Ron Powell

<http://nebula.wsimg.com/cd1ae35ac217f717d9ef624c8c34ca91?AccessKeyId=045114F8E0676B9465FB&disposition=0&alloworigin=1> points out the plans *"would irradiate everyone, including the most vulnerable to harm from radiofrequency radiation: pregnant women, unborn children, young children...the elderly, the disabled, and the chronically ill... It would set a goal of irradiating all environments"*.

Fracking the air? Fault-lines in safety

This drive to mine the electromagnetic spectrum come-what-may has echoes of fracking, and other headlong trends. In Captured Agency http://ethics.harvard.edu/files/center-for-ethics/files/capturedagency_alster.pdf, the Harvard ethics report on the FCC, and the wider wireless industry, Norm Alster exposes ruthless *"hardball tactics"*, supported by *"armies of lawyers"*, at expense to our health.

Microwaves, Science and Lies <https://vimeo.com/ondemand/17755> (2014), filmed by Jean Hêches across Europe, exposes similar patterns that are driving our pulsed radiation to risky levels. Western 'safety limits', based only on high levels that heat tissue, far exceed those of Russia http://archive.radiationresearch.org/conference/downloads/021235_grigoriev.pdf, China, and some other nations.

Professor Yuri Grigoriev <http://www.tesla.ru/english/SBIR/index.html>, long-serving chair of Russia's non-ionizing radiation protection body (RNCNIRP), warned the UK's Radiation Research Trust *"ionizing radiation is monitored...[but] levels of non-ionizing radiation are constantly increasing and ubiquitous: it is out of control ... Urgent action is needed"*.

Stealthy pollution-raisers, such as the 5G Internet of Things – with 30 billion

<https://www.abiresearch.com/press/more-than-30-billion-devices-will-wirelessly-conne/> tiny transmitters forecast for 2020 – and also, sadly, wireless smart-meters

http://www.theecologist.org/blogs_and_comments/commentators/2983240/stop_the_11_billion_smart_meter_ripoff.html [1, 2*], vetoed by the American Academy of Environmental Medicine

<https://smartmeterharm.files.wordpress.com/2012/12/1-analysis-exhibits-12-12.pdf>, may run counter to a cherished Green goal: that of nurturing healthy environments.

Can we manage our energy, perhaps, in more bio-sensitive ways? Court claims for wireless-meter health harm, supported by medical testimonies – including by neurology professor Andrew Marino

http://andrewamarino.com/PDFs/testimony-AAM_Report.pdf (Louisiana) – are sweeping America. Professor Pall explains such meters' *"high-intensity"* microwave pulses may be more toxic than we realize: *"We know from the nanosecond studies these can be very damaging"*.

Data obtained by a judge revealed all-hour, house-piercing pulses every few seconds. New data-over-wiring innovations <https://www.theguardian.com/environment/2016/oct/11/energy-first-as-uk-successfully-transmits-data-via-national-electricity-grid> (if free of "dirty electricity") may offer inspiring, alternative ways forward.

Chrysalis: a paradigm in waiting

To create – in Wheeler's phrase – a global '5G ecosystem' of wireless super-saturated environments, at insidious risk, over time, to living ecosystems, not least our own bodies, is dysfunctional. And spiritually disturbing. It suggests a mindset deeply at odds with the orchid-like beauty of the Earth.

But cleaner innovations, such as LiFi <http://www.bbc.com/news/technology-34942685>, 'eco-dect-plus' phones, and the latest fibre-optics, suggest a wiser course. A new paradigm – safer connectivity, plus more balanced use – is emerging. And reminds of other step-changes in awareness. From pesticides to organic, from smoke-filled to smoke-free.

We can accede, if we wish, to our rising, planetary smog. To safety limits as high as the moon, in many scientists' eyes. And to wireless rollouts' growing carbon costs. Or taking pause, we may begin to call the industry to account – plus governments lulled by it.

We may air helpful new findings, such as risks from tablet-like exposures (Alexander Lerchl, Jacob Bremens University, 2015) <http://www.powerwatch.org.uk/news/2015-03-08-lerchl-RF-co-carcinogen.asp>. And stark risks from passive exposure, bared by Leif Salford <https://www.youtube.com/watch?v=OXcLmh5ZGBg>, medical professor at Lund University. We may defend DNA, if we wish, from ionizing and published non-ionizing risks http://www.bioinitiative.org/report/wp-content/uploads/pdfs/sec06_2012_genetic_effects_non-ionizing.pdf, just as we defend our planet.

And alongside French Green Party MPs Laurence Abeille http://www.lemonde.fr/planete/article/2015/01/29/une-loi-pour-encadrer-l-exposition-aux-ondes_4565339_3244.html and Michèle Rivasi <http://www.parismatch.com/Actu/Environnement/Il-faut-creer-une-zone-refuge-pour-les-electro-hypersensibles-Michele-Rivasi-707824>, plus the international Baubiologie <https://www.baubiologie.de/movement>, we can explore electromagnetic hygiene. Uplifting possibilities for a safer, cleaner world.

Lynne Wycherley is a nature poet with six published collections. Working in parallel with pioneering doctors, she has been investigating non-ionizing radiation for 5 years.

Notes

- Dr Mae-Wan Ho It seems fitting to begin with her voice, so well-known in Green / holistic circles (inc. Ecologist), following the sad news of her death earlier this year.
- industry funding / manufacturing doubt 'product defence' strategies to delay reform, as in Dr. D. Michaels' 'Doubt is their Product', OUP, 2008
- Council of Europe (all 41 member states) Resolution 1815
- Wi-Fi was also found to reduce growth/thyroid hormones in animals, and trigger aggression/a racing heartbeat, and cordless phones to retard root-growth, harm bee-hives, alter gene expression, and disturb the human heartbeat in blind tests (their stands produce harsh, all-hour microwave readings).

- Mitochondria emerging as unusually vulnerable to microwaves (many papers), including low-intensity (damaged mitochondria are a risk factor for many chronic health conditions)
- Centimeter/millimeter waves penetrate less far, as you know, but with more energy. The pulse will increase bio-risks (re: 25 years' data on pulsed v. pure sine waves). 5G will be additional to 2G, 3G, and 4G.
- Antibiotic resistance And other changes, found by other researchers, in e.g. yeast / E Coli (Belyaev)
- EMF-sensitive cancers e.g. prostate, breast, liver, lungs, skin... (Adilza Dode, now professor, Minas Gerais University, reviewing research prior to her peer-reviewed research on mobile-phone masts)
- The CTIA International umbrella group now known only by its acronym; originally 'Cellular Telephone Industries Association' (Figures vary, but telecoms revenue is catching up with fossil fuels', it seems). Wheeler: "Everything that can connected will be connected" – blanket electro-smog.
- Smart meters (overlap with 5G). I continue to realize, sadly, under-acknowledged toxic risks need to be aired for ethical reasons. Professor Martin Pall: "Smart meters' should be abolished because they use short high-intensity pulses [https://skyvisionsolutions.files.wordpress.com/2014/03/maret_iphone-vs-smart-meter.jpg, https://skyvisionsolutions.files.wordpress.com/2014/03/maret_smart-meters-indoors.jpg] <https://vimeo.com/87023780> of microwave radiation. We know from the nanosecond studies these can be very damaging and act via VGCC activation [his research] with activation continuing long after the pulse has ceased". Dr. Andrew Goldsworthy, EMF biologist (to Parliament): "To carry out compulsory mass exposure to pulsed microwave radiation [smart meters] without the fully informed consent of the people affected is in contravention of the Nuremberg code."

This testimony, from journalist Amy Worthington

<http://www.westonaprice.org/health-topics/smart-meters-not-so-smart/> typifies so many known to me (even UK): "Cindy deBac (Arizona, new meter)... 'I've never been so sick in my life', she says. 'Nausea, a crushing migraine headache, and painful heart palpitations laid me low right away'. Healthy and exuberant before the installation, deBac...struggled with rashes and a chronically racing heart. For respite she spent nights away in her car". Australian GP Federica Lamech's peer-reviewed paper relates 92 such cases, herself included (sensitivity seems to vary, re: allergies).

- Dirty electricity kilohertz transients, creating complex EMFs with emerging bio-risks
- Eco-dect-plus (cordless phones): emit microwaves at full power only during calls, saving energy
- Professor Leif Salford (neurosurgery). Work on blood-brain barrier 1988-2010. Discovered passive exposure to other people's mobile phones might risk serious, delayed damage. "Those who might normally have gotten Alzheimer's dementia in old age could get it much earlier" Industry moves to fund diluting research were exposed in, e.g., *Microwaves, Science & Lies* http://www.theecologist.org/News/news_analysis/2988266/wireless_pollution_out_of_control_as_corporate_race_for_5g_gears_up.html.

<http://bit.ly/2fjO7oS>

Also see:

FCC Open Letter: Moratorium on New Commercial Applications of Radiofrequency Radiation

<http://www.saferemr.com/2016/07/fcc-open-letter-calls-for-moratorium-on.html>

Is 5G Cellular Technology Harmful to Our Health?

<http://www.saferemr.com/2016/08/is-5g-cellular-technology-harmful-to.html>

Key Cell Phone Radiation Research Studies

<http://www.saferemr.com/2016/08/key-cell-phone-radiation-research.html>

National Toxicology Program (NTP) Finds Cell Phone Radiation Causes Cancer

<http://www.saferemr.com/2016/05/national-toxicology-program-finds-cell.html>

NTP: Not the First Govt. Study to Find Wireless Radiation Can Cause Cancer in Lab Rats

<http://www.saferemr.com/2016/06/national-toxicology-program-not-first.html>

Storyline vs. Rest-of-the-story: Brain cancer incidence, cellphone use & trends data

<http://www.saferemr.com/2016/06/storyline-vs-rest-of-story-brain-cancer.html>

Brain Tumor Rates Are Rising in the US: The Role of Cellphone & Cordless Phone Use

<http://www.saferemr.com/2015/05/brain-tumor-rates-are-rising-in-us-role.html>

Does long-term exposure to 4G LTE cell phone radiation impair cell phone users' health?

<http://www.saferemr.com/2016/05/does-long-term-exposure-to-4g-lte-cell.html>

Secondhand Exposure to Cell Phone Radiation: An Emerging Public Health Problem

<http://www.saferemr.com/2015/11/secondhand-exposure-to-cell-phone.html>

--

Joel M. Moskowitz, Ph.D., Director

Center for Family and Community Health

School of Public Health

University of California, Berkeley

Electromagnetic Radiation Safety

Website: <http://www.saferemr.com>

Facebook: [http://www.facebook.com/SaferE MR](http://www.facebook.com/SaferE_MR)

EMF-Omega-News 29. October 2016

From: "BI-CI Omega star.mail@online.de [emfrefugee]" <emfrefugee@yahoogroups.com>

Sent: Friday, October 28, 2016

Subject: [emfrefugee] EMF-Omega-News 29. October 2016

Dear Sir, Madam, Ladies and gentlemen, dear friends,

For your information.

Best regards,

Klaus Rudolph

Citizens' Initiative Omega

Sometimes the links are missing. You can always find them here: <http://www.buergerwelle.de/en/>

<http://www.buergerwelle.de/en/news/newsletter/>

<http://www.mastsanity.org/health-52.html>

<http://electromagnetichealth.org/category/electromagnetic-health-blog/>

Over 700 studies on the health effects of cell phones

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7624/>

Microwaves and Alzheimer's disease

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7626/>

Neurosurgeon Reveals Radiation from Wi-Fi, Smart Meters and Cell Phones Cause the Blood-Brain Barrier to Leak

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7613/>

Health Risks Associated with Smart Meter Wireless Emissions

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7607/>

American Academy of Pediatrics Issues New Recommendations to Reduce Exposure to Cell Phones

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7611/>

No One is Protecting Canadians from Man-Made Radiation

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7616/>

EMF Victim Suffers 'Electrified Torture'

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7617/>

Bees Are Endangered and Our Entire Food Chain Could Be Doomed

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7610/>

Residents call for crisis talks over mobile mast plan

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7618/>

News from Mast Sanity

<http://tinyurl.com/2vhcbl6>

<http://tinyurl.com/aotw3>

Our links:

<http://tinyurl.com/yjpu7wg>

<http://tinyurl.com/93epp>

<http://tinyurl.com/9w2sx>

<http://tinyurl.com/aotw3>

<http://tinyurl.com/oya9t>

<http://tinyurl.com/jyemw>

<http://groups.yahoo.com/group/EMR-EMF/>

<http://groups.yahoo.com/group/emf-omega-news/>

Note: Editor and responsible for the content: Citizens' Initiative Omega. Our messages are the result of many hours of daily research, roundup and editing.

If you have information which you would like to share with your friends and colleges around the world and which are from common interest, please send us this information, we will send them out.

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Words of Wisdom

"Act as if the principle by which you act were about to be turned into a universal law of nature". --Immanuel Kant

"You may never know what results come from your action. But if you do nothing, there will be no results." -- Gandhi

"The arc of history is long, but it bends towards justice." --Martin Luther King, Jr.

"Our lives begin to end the day we become silent about things that matter." --Martin Luther King, Jr.

"Your silence will not protect you." --Audre Lorde

"A time comes when silence is betrayal." --Martin Luther King

"Liberty can not be preserved without general knowledge among people." --John Adams

"The world shrinks or expands in proportion to one's courage." --Anais Nin

"Remaining silent about the destruction of nature is an endorsement of that destruction."

--Redwood Mary (a.k.a. Mary Rose)

That which is looked upon by one generation as the apex of human knowledge is often considered an absurdity by the next, and that which is regarded as a superstition in one century may form the basis of science for the following one. --Paracelsus

"How could I imagine how lost in the open field I was." --Neal Lindley

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." --Margaret Mead

" If one advances confidently in the direction of their dreams,
And endeavors to lead a life which they have imagined,
They will meet with a success unexpected in common hours."
--Henry David Thoreau

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." --Buddha

Motivation is not a problem for anyone who accepts the extraordinary truth contained in Yeshe Aro's ancient prescription for happiness: "On this depends my liberation: to assist others – nothing else."

"Where do the wars and where do the conflicts among you come from?
Is it not from your passions that make war within your members?
You covet but do not possess.
You kill and envy but you cannot obtain; you fight and wage war.
You do not possess because you do not ask.
You ask but do not receive, because you ask wrongly, to spend it on your passions."
James 4: 1-3 (James is the brother of Jesus, who became a leader in the early church)

Posted by: BI-CI Omega star.mail@online.de

Link to tree forestry damages cited in "Wireless pollution 'out of control' as corporate race for 5G gears up"

From: Andrew Michrowski <paceincnet@gmail.com>
To: Helmut Breunig
Cc: Joel MOSKOWITZ <jmm@berkeley.ed>;
Sent: Sunday, October 30, 2016
Subject: Re: Fw: Link to tree forestry damages cited in "Wireless pollution 'out of control' as corporate race for 5G gears up" - The Ecologist

Thank you for this most helpful addition.

We note and record similar effects throughout Canada.

Andrew Michrowski

On Sun, Oct 30, 2016, Helmut Breunig wrote:

Hello,

Attached is the full text of the study about tree damages cited in
http://www.theecologist.org/News/news_analysis/2988266/wireless_pollution_out_of_control_as_corporate_race_for_5g_gears_up.html

An earlier study by Waldmann-Welsam and Eger (2007) suggested the following connection:
On the occasion of medical examinations of sick residents living near mobile phone base stations, it was often surprising, from 2005, that trees fell ill in the same surroundings simultaneously with humans
<http://kompetenzinitiative.net/KIT/wp-content/uploads/2016/06/Tree-damages-in-the-vicinity-of-mobile-phone-base-stations.pdf>

More Fotos, also for learning how to recognize the typical phenomena of one-sided tree damages induced by phone masts, can be found here (dokumentation over 60 pages!):

Trees in Bamberg and Hallstadt in the radiation field of 65 mobile phone base stations

Examples from a documentation about 700 trees (2006-2016)

Tree Damages beginning on one side
<http://kompetenzinitiative.net/KIT/wp-content/uploads/2016/09/Trees-in-Bamberg-and-Hallstadt-Dokumentation-2006-2016.pdf>
<http://kompetenzinitiative.net/KIT/KIT/new-tree-studies-of-international-research/>

I would like to ask you to help disseminating this information.

For more questions you may contact me or also highly welcome the main authors Cornelia Waldmann-Selsam: dr.waldmannselsam@gmail.com and Afonso Balmori BalMarAl@jcyl.es.

With best regards!

Helmut Breunig
Forest Scientist
Baumhofstraße 39
D – 37520 Osterode am Harz
Germany
Tel.: 0049 5522 920008
breunighelmut@t-online.de

From: Christine Aschermann
Sent: Sunday, October 30, 2016
To: Verborgene_Empfaenger:
Subject: Fwd: IMPORTANT DOCUMENT FROM ECOLOGIST - Fwd: Wireless pollution 'out of control' as corporate race for 5G gears up

This document gives a warning to all the institutions that try to establish wireless networks wherever possible! That it is a crime against humanity to install those devices!

Regards,
Christine

----- Weitergeleitete Nachricht -----

Note in Prof. Salford video how brain barrier and tumor factors significantly accrue beyond 24 - 50 days of exposure at weak fields (near 1 or less microW/cm² exposure). This means that especially typical Central Canada wireless technology (combined with transmission and distribution lines that carry signals from smart meters and routers "Internet of Things + municipal emergency communication towers), background levels degrade (even relatively remote zones such as Maniwaki, Windsor-London corridor, Eastern Townships, Frazer Valley beyond Abottsford can create long-term chaos in living systems: human, fauna flora. And within a decade, it will be ten to one hundred times worse, as per standing policies and non-control operationality.

This is a keystone documentation – with important impetus for political-level action based on real science, ranging from environmental, public health and international/national/ regional/local security policies.

(And, of course, the individual's self-respect for humane survival, enjoyment of life and social responsibility.)

Andrew Michrowski

From: Joel MOSKOWITZ <jmm@berkeley.edu>
Date: Thu, Oct 27, 2016
Subject: Wireless pollution 'out of control' as corporate race for 5G gears up
To: CHE-EMF <cheemf@lists. healthandenvironment.org>

Wireless pollution 'out of control' as corporate race for 5G gears up

100m apart for 5G small cell towers. Clinton. FCC preemption of local authority expected

From: Angela T.
Sent: Monday, October 31, 2016
Subject: 100m apart for 5G small cell towers. Clinton. FCC preemption of local authority expected.

Hi Everyone,

3 items below

- 1) 100 meters distance between 5G small cell towers to support self-driving vehicles (from Dr. Ray Quan)
- 2) FCC action on small cell towers expected (i.e. FCC pre-emption of local authority) (from Dr. Joel Moskowitz)
- 3) Hillary Clinton's support of 5G and small cell towers and moving to 100% wireless (from Rola Masri)

From: Ray Quan
<http://wireless.blog.law/2016/10/22/rcr-reports-att-plan-new-small-cells-block-block/>

RCR Reports AT&T Plan for New Small Cells Block by Block – Dr. Jonathan L. Kramer on Wireless Siting and Law

Four cell sites per city block? That's what RCR is reporting from AT&T in that company's plan to drive 100 Mb services to its customers. Read more...

Martha DeGrasse of RCR reports

<http://www.rcrwireless.com/20161020/network-infrastructure/att-outlines-5g-network-architecture-tag4> on AT&T's plans for small cells. She quotes Arunabha Ghosh, AT&T Labs' Director of Wireless Communications, who said, "If you want to use 500 megahertz of spectrum and deliver 100 megabits per second, you have to have the sites like 200 meters apart maximum, 100 meters for autonomous vehicles," he said. "A city block in Austin is 200-250 meters. You are talking about several small cells deployed every block to support this 100 megabits per second that we need."

With four national carriers (at least today), now you're talking about many hundreds of thousands of new small cells, mostly if not entirely in the public right of ways and utility easements, at the rate of 4 sites per block in densely populated areas.

I say, "Look ma...no hands on the wheel, but ONE HECK of a lot of small cell sites!"
jlk

From Joel Moskowitz

FCC action on small cells expected

Cities want more time to develop rules

Martha DeGrasse, RCR Wireless News, October 28, 2016

With all four nationwide carriers working to deploy small cells in U.S. cities, the wireless industry is losing patience with municipalities that it sees as obstructionist. Most jurisdictions are described as cooperative and collaborative, but some cities say they are overwhelmed by the influx of applications to access the right of way. Some of these jurisdictions are deliberately slowing down approvals to give themselves more time.

"We want to make sure we do it right the first time, in a manner that can be duplicated," explained Seattle's Tony Perez, immediate past president of the National Association of Telecommunications Officers and Advisors.

Perez said cities understand that once they cut a deal with a carrier or infrastructure provider, other companies will expect the same treatment. He said cities have never seen this level of demand for access to right of way.

"We need the time to develop new models and frameworks that will allow us going forward to balance the competing needs for deployment of this infrastructure with our needs at the municipal level to maintain public safety, accommodate other users of the right of way, and, first and foremost, to preserve the efficient movement of vehicular and pedestrian traffic," Perez said.

Perez said city officials do realize that time is money, and he knows some of these decisions could soon be taken away from local jurisdictions. The wireless industry has been lobbying the Federal Communications Commission, asking Washington, D.C., to preempt some local authority when it comes to wireless in the right of way.

“You can’t deny wireless service under the Communications Act,” said Jonathan Adelstein, a former FCC commissioner who now heads up the Wireless Infrastructure Association. “It’s getting to the point where some communities are dragging their heels so much that the FCC is looking at ways they could bring them along. So they are considering putting out a Notice of Proposed Rulemaking to begin the discussion, maybe in the next few months, which is really exciting.”

“We don’t know exactly what it is that they have in mind, but they have authority under Section 253 and 332 of the Communications Act to actually preempt localities if they have to,” Adelstein said. “We are going to have to debate it after it comes out, because it will just be a notice, which will then lead to a dialogue with the industry and with localities.”

Localities are ready to weigh in. Perez said the majority of U.S. cities have a history of cooperating with the wireless industry and thus there is no need for the FCC to preempt local authority.

“We don’t see a need for broad federal preemption of what has traditionally been the regulatory purview of local communities,” Perez said. “We don’t need that sweeping federal preemption, but I think what we do need is ... a frank, open dialogue. We need to be educated more.”

Edward Smith, who works at the FCC as an advisor to Chairman Tom Wheeler on wireless issues, has said he wants to see more education of local communities about the potential benefits of small cells, including support for high-speed wireless broadband and “internet of things” applications like connected cars.

Driverless cars obviously need extremely low latency networks and small cells on city streets are seen as an enabling technology. For wireless carriers, the ideal point of attachment is often a utility pole or street light. But these usually require permits and fees, both of which have been stumbling blocks. Carriers are hoping that in addition to access itself the FCC will address the issue of access fees.

“[The FCC] can say these are sort of presumptively fair prices, reasonable prices, and some prices are so high that are being proposed that they would presumably be unreasonable,” said Adelstein. “We’re not asking for massive preemption here, we’re just saying that people need to be reasonable, to allow us to deploy.”

Adelstein said cities that don’t help wireless carriers deploy small cells will “never make it to ‘5G,’” a prediction that resonates with Perez, who recently joined an RCR Wireless Newswebinar <https://www.youtube.com/watch?v=JTjHG3sm8SU>, and said city governments understand the stakes are high.

“We want what you want,” he told his audience of wireless industry professionals. “Your customers are our constituents, and we at the local level appreciate the importance of advanced communications to our economic and social benefit. We want to be smart cities.”

<http://bit.ly/2esmMwl>

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Also see:

FCC Open Letter Calls for Moratorium on New Applications of Radiofrequency Radiation

<http://www.saferemr.com/2016/07/fcc-open-letter-calls-for-moratorium-on.html>

FCC needs input regarding allocation of spectrum for 5G

<http://www.saferemr.com/2016/08/fcc-needs-input-regarding-allocation-of.html>

An Exposé of the FCC: An Agency Captured by the Industries it Regulates

<http://www.saferemr.com/2015/06/an-expose-of-fcc-agency-captured-by.html>

GAO 2012 Mobile Phone Report to the Congress

<http://www.saferemr.com/2013/01/commentary-gao-2012-report-on-mobile.html>

FCC: Why We Need Stronger Cell Phone Radiation Regulations--Key Testimony
<http://www.saferemr.com/2014/08/part-i-why-we-need-stronger-cell-phone.html>
Cell Tower Radiation Affects Wildlife: Dept. of Interior Attacks FCC
<http://www.saferemr.com/2014/03/dept-of-interior-attacks-fcc-regarding.html>

--

Joel M. Moskowitz, Ph.D., Director
Center for Family and Community Health
School of Public Health
University of California, Berkeley

Electromagnetic Radiation Safety
Website: <http://www.saferemr.com>
Facebook: <http://www.facebook.com/SaferEMR>
Twitter: @berkeleyprc

From Rola Masri

Excerpts below From Hillary Clinton's website
<https://www.hillaryclinton.com/issues/technology-and-innovation/>

Connecting public spaces like airports, mass transit systems, recreation centers, and career centers to high-speed internet so they can offer free Wi-Fi to the public.

Launching a model digital communities program that encourages communities to foster greater access to high-speed internet for their residents at affordable prices

Invest in world-class digital infrastructure by:

Committing that 100 percent of households in America will have access to high-speed, affordable broadband by 2020

Deploying 5G wireless and other next-generation systems that can deliver faster wireless connections and enable the Internet of Things

Also...

<https://www.hillaryclinton.com/briefing/factsheets/2016/06/27/hillary-clintons-initiative-on-technology-innovation/>

Deploy 5G Wireless and Next Generation Wireless Systems: America's world-leading rollout of 4G wireless networks in the first half of this decade has been a success story for policy-makers, industry, and American consumers. The Obama Administration played a key role by repurposing spectrum and auctioning licenses, as well as by making new spectrum available for unlicensed technologies. **Hillary will accelerate this progress and help foster the evolution to 5G, small cell solutions,** and other next-generation systems that can deliver **faster wireless connections.** Widely deployed 5G networks, and new unlicensed and shared spectrum technologies, are essential platforms that will support the Internet of Things, smart factories, driverless cars, and much more – developments with enormous potential to create jobs and improve people's lives. Hillary will:

- Reallocate and Repurpose Spectrum for Next Generation Uses: Hillary will enhance the efficient use of spectrum by accelerating the process of identifying underutilized bands, including ones now used by the federal government, that can become more valuable under revised regulatory regimes. She will focus on the full range of spectrum use policies – including new allocations for licensed mobile broadband, as well as unlicensed and shared spectrum approaches. She believes that creative uses of shared/non-exclusive uses of spectrum could unleash a new wave of innovation in wireless broadband technologies and the Internet of Things, much as Wi-Fi did in the first generation of digital services.
- Foster a Civic Internet of Things through Public Investments: **Hillary will dedicate federal research funding** to test-bedding, field trials, and other public-private endeavors to speed the deployment of next generation wireless networks and a civic Internet of Things. Governments around the world are already investing billions of dollars in developing and commercializing 5G technologies, and Hillary wants American companies to lead the world in wireless innovation. Her investments will aim at using **advanced wireless** and data innovation to drive social priorities in a range of areas, such as public safety, health care, environmental management, traffic congestion, and social welfare services.

u-blox announces plans to support Verizon's new LTE Cat M1 network for IoT by end of 2016

u-blox, a global leader in wireless and positioning modules and chips, announced plans to launch a module supporting Verizon's new Category M1 (Cat M1) LTE network, which is designed to allow a larger number of devices to connect to the Internet of Things (IoT). The SARA-R404M module is based on Qualcomm Technologies' MDM9206 LTE modem and is anticipated to be available for the Q4 2016 launch of Verizon's LTE Cat M1 network, which is scheduled to achieve nationwide US coverage by the end of Q1 2017. The new cost effective LTE Cat M1 SARA-R404M complements u-blox's extensive product offerings for the IoT market.

LTE Cat M1 is part of the new 3GPP Release 13 standard supporting low-power wide-area technologies in the licensed spectrum and specifically supports IoT applications with low-to-medium data throughput rates, as well as devices that require long battery lifetimes. Using licensed spectrum provides a secure, private and reliable network with managed and predictable service. The market focus for this new technology is extensive and will cover applications in many areas, such as the smart home, security systems, industrial monitoring and control, asset tracking, telematics, connected health, smart metering, smart cities and wearables.

The 3GPP Cat M1 specification also addresses the IoT's need for LTE-grade low latency while consuming less power than 2G or 3G technologies, optimized for long battery life of up to 10 years for some use cases, which in turn means less maintenance and a reduced cost of ownership. Additionally, Cat M1's handover capability delivers the technology necessary to support vehicle, asset and people tracking.

"u-blox is a global leader in developing cellular modules designed for IoT applications. We are excited to extend our long-time relationship with Verizon and supply modules that will support Verizon's new LTE Cat M1 network," said Nic Papadopoulos, President, u-blox America.

"u-blox is a valued partner that has provided several radio modules for use on Verizon's network," said Chris Schmidt, Executive Director Device Technology at Verizon. "We are pleased to see cost-effective LTE solutions such as u-blox's SARA-R404M come to market, which expands the portfolio of module solutions available for customers to connect to Verizon's LTE Cat M1 network".

“We are excited about the opportunity to work with u-blox and Verizon to bring a new generation of connected devices into the IoT,” said Serge Willenegger, Senior Vice President, Product Management, Qualcomm Technologies Inc. “Qualcomm Technologies’ MDM9206 modem with support for Category M1 is engineered to deliver reliable, low power and optimized LTE cellular connectivity. This opens up a new set of revenue generating business models, as well as new types of services and offerings for industrial, commercial and smart cities applications.”

Learn more about u-blox at <http://www.electronicproducts.com/Companies/u-blox.aspx>

Source:

http://www.electronicproducts.com/Internet_of_Things/Wireless/u_blox_announces_plans_to_support_Verizon_s_new_LTE_Cat_M1_network_for_IoT_by_end_of_2016.aspx

[savelandlines] Please let's continue to build our coalitions!

From: sumitra

To: stopsmartmeters@groups.electricembers.net; savelandlines@groups.electricembers.net

Sent: Tuesday, November 1, 2016

Subject: [savelandlines] Please let's continue to build our coalitions!

I thought these articles and the following comments were appropriate for our struggle. It takes both, all sides to fight the power elite.

SSM and SLL have a particular difficult path in that so many people do not understand the harm that the new technology brings. In fact, most people think it is great. So let us not despair or create divisions and look for common ground....we will need all the help we can get.

<http://www.truth-out.org/news/item/25510-truths-and-falsehoods-about-ralph-naders-new-book>

"No tyranny, including the current corporatocracy, wants diverse groups to recognize what they have in common and to work together. Tyrants and other control-freaks know full well that achieving even small victories can transform people from a psychology of helplessness, hopelessness and defeatism to a psychology of empowerment. Coalitions and alliances that result in victories can inspire people to seek even greater power and demand true democracy."

http://www.opednews.com/articles/We-Are-The-Means-By-Which-by-Arlan-Ebel-Atrocities_Awareness_Genocide_Ignorance-161031-79.html

"If I had the occasion to put a bullet in the skull of any particular Power-Vampire presently in operation and succeeded in doing so, it wouldn't do anything meaningful. He or she would simply be replaced and I would be executed as psychotic traitor or in hiding for the rest of my life. What we need are masses of conscious people in the living process of dismantling the system. And this cannot be done without huge sacrifices. We have to be brave enough, wise enough, and innocent enough to make it through the perilous gap between the old world and the new one. But what specifically do we do? This is what we should be seriously and relentlessly discussing because anything else is not only a waste of time, it is more steps down the wrong road. Please help to start this discussion."

FCC's Plan to Preempt Local Authority to Proliferate 5G Antennas - See Wheeler's Remarks

From: Angela T.

Sent: Tuesday, November 1, 2016

Subject: Fwd: FCC's Plan to Preempt Local Authority to Proliferate 5G Antennas - See Wheeler's Remarks

Please see Kevin's note below and if you can help Kevin by talking to your Congressional representatives please let him know.

Need help fighting 5G.

From: rola masri

Date: Tue, Nov 1, 2016

Subject: FCC's Plan to Preempt Local Authority to Proliferate 5G Antennas - See Wheeler's Remarks

This is a Note from Kevin Mottus -

I am sorry it seems like one crisis after another, but they are moving so fast on this 5G project; Tom Wheeler is trying to get it done before he leaves office in January. He and the FCC are using the process they used to deploy 4G to deploy 5G even faster. Soon you will have a small cell transmitter near your house as will others, but then it will be too late.

There will be no opportunity for push back, no public notice, and no one on state or local level you can go to because they will be preempted. It will be deployed on public property but they are also working on getting rights to deploy on private property like they did with smart meters. So I need help to wake up the smart meter groups and mobilize them before they deploy because once they do it will be too late.

If you think smart meters were a health threat and violation of our privacy to quote Tom Wheeler "You ain't seen nothing yet." Read Tom Wheelers recent comments he made at a wireless conference to hear what they are doing and see his critical comments excerpted below. I could use people like you hear talking to legislators and the FCC: knowledgeable, articulate and gutsy. These legislators have no clue about wireless radiation health effects.

An important quote from Tom Wheeler's comments is attached:

"Furthermore, the nature of the technology makes the review and approval by community siting authorities, and the associated costs and fees, all the more critical. There are just over 200,000 cell towers in the U.S., but there may be millions of small cell sites in the 5G future. If siting for a small cell takes as long and costs as much as siting for a cell tower, few communities will ever have the benefits of 5G. Make no mistake, localities play a vital role in the siting process, and they have important and legitimate rights, but those rights don't extend to blocking a national communications pathway. Given the importance of ubiquitous expansion of 4G and the rollout of 5G to our economic future, it's not reasonable for localities to view cell site deployment as a potential new revenue stream, which is something we've seen. It's not reasonable for cities to 'franchise' their siting to a third party, who acts as a gatekeeper. For our part, the Commission is united in its commitment to cutting red tape and facilitating siting. We've streamlined our environmental and historic preservation rules, and tightened our 'shot clock' for siting application reviews. And there's a bipartisan commitment to do more as warranted. Both my Republican colleagues, for instance, have recently agreed that where states or localities are imposing fees or not being "fair and reasonable" for access to local rights of way, the FCC should preempt them. We

shouldn't be afraid to use all of our authority under the Communications Act to address unreasonable local barriers."

We could use your help reaching out to Congress members in the US House of Representatives and US Senate because they are empowering the FCC, approving of everything they are doing, and funding their efforts.

See Attached Link For Complete Speech:

http://transition.fcc.gov/Daily_Releases/Daily_Business/2016/db0920/DOC-341337A1.pdf

Kevin Mottus

CA Brain Tumor Association

Keephealthyfamilies@gmail.com

Is 260 feet a safe distance from a smart meter?

From: "isisferal

To: emfrefugee@yahoogroups.com

Sent: Wednesday, November 2, 2016

Subject: [emfrefugee] Re: is 260 ft

Since 'Smart' meters vary a great deal in their signal strength, there really is no one specific distance to ascertain safety. Remember they have to be strong enough to communicate with the utility, so in some areas may be ramped up to cover greater distance, or to get through obstacles, like hilly terrain.

260 feet sounds like a good distance, but the only way to make sure that the signal doesn't reach into your home is to measure for RF.

Isis

s.rullan@ wrote :

Is 260 feet a safe amount of distance between me and a smart meter?

From: "chocolatechipdragon@

Sent: Wednesday, November 2, 2016 3:56 AM

Subject: [emfrefugee] Re: is 260 ft

Car tracking devices are 'smart' meters on wheels. I was in a situation with one car tracking device where 1,000 feet was NOT far enough. Also the strength changed. Sometimes my meter registered nothing, and other times it showed very high intensity.

From: s.

To: emfrefugee@yahoogroups.com

Sent: Wednesday, November 2, 2016

Subject: [emfrefugee] Re: is 260 ft

What is a good meter for RF?

Is this sensitive enough?

https://www.amazon.com/Cornet-ED78S-Meter-ElectroMagnetic-Detector/dp/B00P67QLA0/ref=sr_1_8?s=hi&ie=UTF8&qid=1478139239&sr=1-8&keywords=emf+meter

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Thursday, November 3, 2016
Subject: [emfrefugee] Re: is 260 ft

The Cornet meters are cheap and useful but a bit disappointing. The detection circuitry is so poorly designed that to get the peak signal for digital transmissions, you have to set it to max hold and leave it running for 10 minutes. That's insane, as the meter is very bothersome to me and I can't hold it and have it on that long. It doesn't capture in dBm in max hold, which I find infuriating. I have learned to add 10dB to the average dBm reading as an approximation, instead. The lower limit is -60 to -65dBm depending on the model. I'm more sensitive than that, and most cell phones operate down to -80dBm. The Cornet 85EX has problems with 800MHz band, showing erroneous readings of -65dBm until the signal strength reaches -55 dBm. Using a different antenna helps. The dBm scale is the clearest and most simple way to avoid mistakes in measurements, and I wish vendors would avoid the many variations of voltage and power density scales and stick to dBm. There was a good reason that old engineers used dBm, no ridiculous readings like 0.0003. It's a 2 digit number and a sign for a HUGE range.

On ELF magnetic field meters-

The newer Cornet meters with a single axis magnetic field function are only sensitive to 0.1 milligauss, which is NOT as sensitive as most people with serious ES, and thus makes this function useless except as a screening measurement for non-ES.

Gighertz solutions has a meter listed that can read to 0.010 milligauss, though I haven't confirmed this.

Alphalabs does still offer a modified Trifield meter with plug-in 100x external probe that can measure to 0.002 milligauss. Dr. Lee has made this available at my request for 25 years. This has been my workhorse meter for ELF work for a long time. Alas, Alphalab's current Trifield meter is very sensitive to EMI, so unless your AM radio is silent near your wires, the magnetic field readings near wires are bogus since the meter is susceptible to EMI. It is not a matter of frequency, as some 'experts' have suggested. A sorry state of affairs that makes things difficult for lay people. You must measure away from wires with EMI, or when that is impossible, you must fix the EMI issues first (which is appropriate anyways since they are even more likely to cause ES than just elevated magnetic fields). All the other settings on the Trifield meter are so insensitive as to be useless for those with ES.

From: "isis"
To: emfrefugee@yahoogroups.com
Sent: Thursday, November 3, 2016
Subject: [emfrefugee] Re: is 260 ft

I like the newer version of this one, the ED88T, which can also measure E-fields. It's on sale right now, cheaper than the one you link to, and proceeds help support the movement: <http://stopsmartmeters.org/store/>

The Cornets can't pinpoint the direction where radiation is coming from, but it's good enough for me to figure out what I need to know.

Isis

From: Bruce
To: emfrefugee@yahogroups.com
Sent: Thursday, November 3, 2016
Subject: [emfrefugee] Re: is 260 ft

The Cornet ED85 model has an external antenna, so you can use a log periodic yagi antenna (about \$39 on ebay) with a short whip to have a directional antenna for cellular, wifi, etc.

EMF Sanctuary Group

From: Joshua H.
To: Save Landlines <savelandlines@groups.electricembers.net>; "stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>
Sent: Wednesday, November 2, 2016
Subject: [savelandlines] EMF Sanctuary Group

Hi all,

We have now started up the West Coast EMF Sanctuary Project listserv. The goal is to create a safe space that people can come with low emf and toxic chemicals, somewhere in Nor Cal/ OR/ WA.

If anyone would like to be a part of this project development, please send me a note and I will invite you on to the list. In addition, if you know anyone with the time, energy, or money (and interest) to develop such a project please refer them to me.

Thanks!

Josh Hart MSc
Director, Stop Smart Meters!
<http://StopSmartMeters.org>
PO Box 682 Portola, CA 96122
Toll-Free Hotline: (888) 965-6435

Sign up for our e-mail news bulletin here.

Stop Smart Meters! Store:

- Brochures & Cards
- EMF Detectors/ Meters
- Stickers & More

Donate to Stop Smart Meters!

Sent from my safer, wired computer

Tree damages in the Torch River Provincial Forest, Saskatchewan

From: Andrew Michrowski <paceincnet@gmail.com>
To: "Elisabeth"
Sent: Wednesday, November 2, 2016
Subject: Fwd: Tree damages in the Torch River Provincial Forest SK

Thank you, Elizabeth,

From: Elisabeth
Date: Wed, Nov 2, 2016
Subject: Tree damages in the Torch River Provincial Forest SK
To: paceincnet@gmail.com

Hello Andrew,

Thank you for sending the links & report regarding tree damages in Germany.

I am attaching two photos of the current status of our pine forests (taken in the Torch River Provincial Forest, north of Love in Saskatchewan). The trees are dying from the top down, still hanging on at this point. This development is only recent. This summer was particularly pronounced. I did ask the Forestry Branch at Sask Gov Environment. I was told that they haven't noticed anything.

Kind regards,

Elisabeth





Sent from our hard-wired & 100% corded desktop with wired Internet and no-Wi-Fi-function modem.

NYT's: Hackers Have New Entries with the Internet of Things

From: sumitra

To: stopsmartmeters@groups.electricembers.net; savelandlines@groups.electricembers.net

Sent: Thursday, November 3, 2016

Subject: [savelandlines] NYT's: Hackers Have New Entries with the Internet of Things.

http://www.nytimes.com/2016/11/03/technology/why-light-bulbs-may-be-the-next-hacker-target.html?hp&action=click&pgtype=Homepage&clickSource=story-heading&module=second-column-region®ion=top-news&WT.nav=top-news&_r=0

Why Light Bulbs May Be the Next Hacker Target

By JOHN MARKOFF NOV. 3, 2016

The Internet of Things, activated through apps, promises tremendous convenience to homeowners. But it may also prove irresistible to hackers. Credit Carlos Gonzalez for The New York Times.

SAN FRANCISCO — The so-called Internet of Things, its proponents argue, offers many benefits: energy efficiency, technology so convenient it can anticipate what you want, even reduced congestion on the roads.

Now here's the bad news: Putting a bunch of wirelessly connected devices in one area could prove irresistible to hackers. And it could allow them to spread malicious code through the air, like a flu virus on an airplane.

Researchers report in a paper <http://iotworm.eyalro.net/> to be made public on Thursday that they have uncovered a flaw in a wireless technology that is often included in smart home devices like lights, switches, locks, thermostats and many of the components of the much-ballyhooed 'smart home' of the future.

The researchers focused on the Philips <http://www.nytimes.com/topic/company/koninklijke-philips-electronics-nv?inline=nyt-org> Hue smart light bulb and found that the wireless flaw could allow hackers to take control of the light bulbs, according to researchers at the Weizmann Institute of Science near Tel Aviv and Dalhousie University in Halifax, Canada.

That may not sound like a big deal. But imagine thousands or even hundreds of thousands of internet-connected devices in close proximity. Malware created by hackers could be spread like a pathogen among the devices by compromising just one of them.

And they wouldn't have to have direct access to the devices to infect them: The researchers were able to spread infection in a network inside a building by driving a car 229 feet away.

Just two weeks ago, hackers briefly denied access <http://www.nytimes.com/2016/10/22/business/internet-problems-attack.html?action=click&contentCollection=Politics&module=RelatedCoverage®ion=Marginalia&pgtype=article> to whole chunks of the internet by creating a flood of traffic that overwhelmed the servers of a New Hampshire company called Dyn, which helps manage key components of the internet.

Security experts say they believe the hackers found the horsepower necessary for their attack by taking control of a range of internet-connected devices, but the hackers did not use the method detailed in the report being made public Thursday. One Chinese wireless camera manufacturer said weak passwords on some of its products were partly to blame for the attack.

Though it was not the first time hackers used the Internet of Things to power an attack, the scale of the effort against Dyn was a revelation to people who didn't realize that having internet-connected things knitted into daily life would come with new risks.

"Even the best internet defense technologies would not stop such an attack," said Adi Shamir, a widely respected cryptographer who helped pioneer modern encryption methods and is one of the authors of the report.

The new risk comes from a little-known radio protocol called ZigBee. <http://www.zigbee.org/what-is-zigbee/> Created in the 1990s, ZigBee is a wireless standard widely used in home consumer devices. While it is supposed to be secure, it hasn't been held up to the scrutiny of other security methods used around the internet.

A small drone wirelessly delivers a computer worm in Beer Sheva, Israel, causing lights to flicker. Video by seyalr

The researchers found that the ZigBee standard can be used to create a so-called computer worm to spread malicious software among internet-connected devices.

Computer worms, which can keep replicating from one device to another, get less attention these days, but in the early years of the commercial internet, they were a menace. In 1988, one worm by some estimates brought down <http://www.nytimes.com/1988/11/05/us/author-of-computer-virus-is-son-of-nsa-expert-on-data-security.html> a tenth of the computers connected to the internet.

Since then, the number of internet-connected devices has spiraled into the billions, and with it the risks of a cleverly created worm.

So what could hackers do with the compromised devices? For one, they could create programs that help in attacks like the one that hit Dyn. Or they could be a springboard to steal information, or just send spam.

They could also set an LED light into a strobe pattern that could trigger epileptic seizures or just make people very uncomfortable. It may sound far-fetched, but that possibility has already been proved <http://ieeexplore.ieee.org/document/7467343/?reload=true> by the researchers.

The color and brightness of the Philips Hue smart light bulb can be controlled from a computer or a smartphone. The researchers showed that by compromising a single light bulb, it was possible to infect a large number of nearby lights within minutes. The worm program carried a malicious payload to each light — even if they were not part of the same private network.

In creating a model of the infection process, they simulated the distribution of the lights in Paris over an area of about 40 square miles and noted that the attack would potentially spread when as few as 15,000 devices were in place over that area.

The researcher said they had notified Philips of the potential vulnerability and the company had asked the researchers not to go public with the research paper until it had been corrected. Philips fixed the vulnerability in a patch issued on Oct. 4 and recommended that customers install it through a smartphone application. Still, it played down the significance of the problem.

“We have assessed the security impact as low given that specialist hardware, unpublished software and close proximity to Philips Hue lights are required to perform a theoretical attack,” Beth Brenner, a Philips spokeswoman, said in an emailed statement.

To perfect their attack, the researchers said they needed to overcome two separate technical challenges. They first found a ‘major bug’ in the way the wireless communications system for the lights had been executed, which made it possible to ‘yank’ already installed lamps from their existing networks.

The researchers then used what cryptographers describe as a ‘side channel’ attack to purloin the key that Philips uses to authenticate new software. The term side channel refers to the clever use of information about how a particular encryption scheme is used.

“We used only readily available equipment costing a few hundred dollars, and managed to find this key without seeing any actual updates,” the researchers wrote. “This demonstrates once again how difficult it is to get security right even for a large company that uses standard cryptographic techniques to protect a major product.”

A version of this article appears in print on November 3, 2016, on page B1 of the New York edition with the headline: Hackers Have New Entries With the Internet of Things. Order Reprints| Today's Paper|Subscribe

<http://www.zigbee.org/zigbee-products-2/#zigbeecertifiedproducts/productdetails3/5553fe4ff7f0b6063927b09e/>

<http://www.zigbee.org/zigbeealliance/industry-liaisons/>

Related Coverage

A New Era of Internet Attacks Powered by Everyday Devices OCT. 22, 2016
<http://www.nytimes.com/2016/10/23/us/politics/a-new-era-of-internet-attacks-powered-by-everyday-devices.html>

As Artificial Intelligence Evolves, So Does Its Criminal Potential OCT. 23, 2016
<http://www.nytimes.com/2016/10/24/technology/artificial-intelligence-evolves-with-its-criminal-potential.html>

WiTricity Newsletter 1 November, 2016 1 Powering life, wirelessly

From: WiTricity Corporation <newsletter@witricity.com>
To: garyvesperman@yahoo.com
Sent: Friday, November 4, 2016
Subject: WiTricity Newsletter 1 November, 2016 1 Powering life, wirelessly.

SEE US NEXT:
CES, Las Vegas
Jan 5-8, 2017

THE FUTURE | By Alex Gruzen
Wireless charging and autonomous vehicles will mobilize the smart city

The impact of the self-driving car will not only dramatically alter transportation, it will paint an entirely new picture of city living. The infrastructure that cities are built upon will need to be rethought. Autonomous vehicles will need power – and they in turn have the potential to become a moving power source for other connected devices. A fundamental part of the smart city of the future's ecosystem: wireless power. Read »
<https://chargedevs.com/features/wireless-charging-and-autonomous-vehicles-will-mobilize-the-smart-city/>

STMicroelectronics and WiTricity to Develop Integrated Circuits (ICs) for Resonant Wireless Power Transfer

STMicroelectronics and WiTricity announced their design collaboration to develop semiconductor solutions for magnetic-resonance-based wireless power transfer. The goal is to 'cut the last cord', bringing convenience to the powering and charging of consumer electronics, Internet of Things (IoT) devices, as well as medical, industrial, and automotive applications. Read »
<http://witricity.com/news/stmicroelectronics-witricity-develop-integrated-circuits-ics-resonant-wireless-power-transfer/>

DAIHEN Shipping Industrial Robotics Solutions, Powered by WiTricity's Wireless Charging Technology

Watertown, Mass. – November 3, 2016 – WiTricity, the industry pioneer in wireless power transfer over distance, today announced that DAIHEN Corporation, a global leader in power electronics and industrial robotics, has begun commercial shipments of its wireless power transfer (WPT) system for automatic guided vehicles (AGVs). The DAIHEN system, D-Broad, is powered by WiTricity's patented magnetic resonance technology. D-Broad is poised to streamline factory automation by enabling fast, automatic charging at multiple locations along an AGV's route through a factory, as it transports materials and parts. Read »

<http://witricity.com/news/daihen-shipping-industrial-robotics-solutions-powered-witricitys-wireless-charging-technology/>

UPCOMING EVENTS:

Wireless Power Summit, Seattle, WA – Nov 10-11, 2016

CES, Las Vegas, NV – Jan 5-8, 2017

Our mailing address is:

WiTricity Corporation

57 Water Street

Watertown, MA 02472

Man wrote two books about surviving brain cancer from his cell phone

From: "Kathy

To: emfrefugee@yahoogroups.com

Sent: Saturday, November 5, 2016

Subject: [emfrefugee] Man wrote a book from surviving brain cancer from his cell phone

Man who survived brain cancer caused by his cell phone

Wrote two books.

<https://www.youtube.com/watch?v=ziua8xIRdB4>

Shielding fabric for EHS/MCS

From: Isis

To: "emfrefugee@yahoogroups.com" <emfrefugee@yahoogroups.com>

Sent: Sunday, November 6, 2016

Subject: [emfrefugee] Shielding fabric for EHS/MCS

Is there anyone here who is both electro- and chemically sensitive, who has experience with different materials for bed canopies? Is there any material that worked for you right out of the box? Any material that was easy to offgas?

I like the nylon shielding fabric, because it's see-through and very effective, but I don't do well with the fumes from the synthetic, and I worry about surrounding myself completely with it.

I've also used a cotton fabric that I like to wear, because it's not conductive, and it doesn't have any synthetic smell, but it's solid, and I need something that's sheer.

Any recommendations?

Thanx.

Isis

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Sunday, November 6, 2016
Subject: [emfrefugee] Re: Shielding fabric for EHS/MCS

That is the cruel dilemma regarding shielding canopies for those with severe MCS. Many of us have a difficult time getting plain new cotton fabric tolerable. I like the cotton and silver thread Swiss Shield product fairly well, but not well enough to want to surround myself in it, since new cotton is a serious problem and repeated washings will ruin these conductive fabrics. I can't tolerate the nylon or polyester products myself though some do.

I had no choice but to shield the room instead, with foil under my tile and homemade claypaint. A much bigger and more complex project.

<http://www.eiwellspring.org/emc/HighlyShieldedHouse.htm>

The performance of the house has been subsequently confirmed at 55 to 60dBm reduction at 2.4Ghz. The former is from the front door which has some leaky EMI gaskets which must be corrected. The windows provide 60dBm. Note that the voltage reduction is double the power measurement.

This shows that a simple, conventional home can be built to provide significant levels of shielding using affordable materials and well established building methods, while still accommodating severe MCS as well.

20dBm is a much easier goal. A bedroom on a concrete slab can achieve -20dBm reduction with foil laminated to the walls and ceiling, metal(ized) door and door casement, and low E glass aluminum windows with aluminum screens.

Best Wishes,
Bruce

From: Jolon
To: emfrefugee@yahoogroups.com
Sent: Monday, November 7, 2016
Subject: [emfrefugee] Re: Shielding fabric for EHS/MCS

Hi Isis,

I have the Dream Canopy from LessEMF. I have the smaller size, but in hindsight should've got the larger one, as it doesn't quite wrap around the bed.

It had a smell and took 2-3 months to offgas.

Definitely reduces Wi-Fi radiation. When it is completely enclosed I get the lowest reading on the Cornet ED78 (which is 0.0147). The air feels very clean inside the canopy. It doesn't feel claustrophobic and is quite airy and transparent.

I didn't feel right with it not grounded. Grounding through the electrical circuit made me feel funny. I now have a dedicated ground (just a BBQ skewer and wire with alligator clips). The dedicated ground is a lot better.

I also have tried a grounding undersheet and pillow. Even with a dedicated ground I feel unusual after a few days so have stopped using both. Because the canopy doesn't quite wrap around the bed to fully close it ends up lying on the bed a bit. I find that this ends up grounding me and I feel funny so at the moment I have it pegged but it remains with an opening. This reduces the Wi-Fi a bit but not to the same levels as when it is completely closed.

If I was to buy another canopy I would consider the larger size or perhaps one that is a box shape.

Jolon

From: Isis
To: emfrefugee@yahoogroups.com
Sent: Monday, November 7, 2016
Subject: [emfrefugee] Re: Shielding fabric for EHS/MCS

Thank you, Bruce. Unfortunately such a massive shielding project is not an option where I am, since I'm a renter, and can neither afford nor physically pull off such a task.

I've thought of making a cage out of aluminum mesh around my bed, but I don't tolerate that much of the mesh either, and would be concerned about aluminum bits ending up in my bed. Since it would be permanently affixed, there would also be no adjustments possible, like there would be with fabric. With the fabric I can at least pull it all up and out of the way when I need to move around my apartment, and avoid adding further to the problem with reflection.

I'm in a downtown area, and am literally surrounded from all sides with RF emitters. If I was in a position to move, I would, but that is not an option at this time.

I think the Swiss Shield is what I wear around my head when I go out. It took a little soaking to make it manageable, but for a canopy I need something that's sheer. I can't function in a solid box that I can't see out of.

Has anyone tried the stainless steel mesh fabric? It seems like that might be the least problematic for MCS:
<http://www.lessemf.com/fabric3.html#272>

Or the Daylight mesh, unfortunately made with polyester, but perhaps easier to cope with, because it's not as tightly knit and lets in more air? <http://www.lessemf.com/fabric3.html#332>

Isis

From: Isis
To: emfrefugee@yahoogroups.com
Sent: Monday, November 7, 2016
Subject: [emfrefugee] Re: Shielding fabric for EHS/MCS

Thanx, Jolon.

That looks like the same fabric I've tried, which is very effective, but takes a long time to off-gas enough to cope with it. Since I'm in a tiny apartment, there is no way to just hang it up somewhere for a few months to off-gas.

It's also really scary to shell out that much money (which I would first have to raise!), and risk not being able to tolerate it in the end.

The issue of grounding is pretty major here too. It's simply not an option to do so at all here. This is an old building with funky wiring and two prong outlets that have decades of paint making it impossible to even locate the screw. I'm on the second floor and entirely surrounded by concrete. Before I try to buy a canopy, this is something I need to figure out too. I need something that does not require grounding. I suspect that the steel fabric would be one of those that would be better to ground.

I noticed that some of the fabrics I've tried have been conductive and others not, and I do much better with the latter. But those tend to be the cottons, which require extensive soaking to get the chemicals out of it, and then they are not see through, so not workable in my situation.

Seriously, some days I think it might be easier to just scale the large buildings across the street like King Kong, and wrap the antennas with foil, or just plain knock them down....!

I totally agree with you about the box canopies vs the pyramid ones. I would be concerned about too much physical contact with the pyramid ones, and getting all buzzy like I do when I put conductive materials on my body.

Isis

From: Bruce
To: emfrefugee@yahooogroups.com
Sent: Monday, November 7, 2016
Subject: [emfrefugee] Re: Shielding fabric for EHS/MCS

I understand – the bed canopy is an appealing approach for a rental. Sleep is critical to neurological health.

Alas, fabric and metal toleration will be a highly individual issue for those with severe MCS. Get samples and test in incrementally larger samples for your own tolerability.

Aluminum alloys are quite aromatic and bothersome to me, even after the machine oils are removed.

Aluminum window screens are alloy. I prefer to use the pre-painted "charcoal" aluminum screen for window screening as I find this less bothersome than the alloy smell, and they have already removed the oils in order to paint. Eventually, an oxide layer will form on raw degreased metals, and then the production of metal ions from the surface will slow to a crawl and the metal will smell much less. Even the thinnest coat of anything – such as homemade clay paint will stop new clean metal smells.

Stainless steel mesh I like much better, and is best purchased from TWPinc.com. It's not cheap. It still will have some machine oil residue to be removed or at least oxidized.

A tolerable bed surround by metal screen or metalized fabric is a project likely to fail for those with severe MCS; so proceed with caution, move from small sample to larger sample tests (like a simple small tent drape over your head) , and treat the project as an experiment that may fail. Failure is not a total loss – finding what materials you can tolerate and work with is important for your long term survival.

There is a lot of pure baloney out there about reflections and how they can make things worse. These are simply chemical intolerance of the materials used. Reflections don't cause enough variation in signal strength to be felt.

Reflective effects will be below 3dB, and you just can't feel a change that low. You can ignore this issue entirely while testing materials; if you don't like it, it's chemical or metal ions.

Best Wishes,
Bruce

From: Isis
To: emfrefugee@yahoogroups.com
Sent: Monday, November 7, 2016
Subject: [emfrefugee] Re: Shielding fabric for EHS/MCS

Thanx for the insight on the aluminum, Bruce. I'll keep that in mind if I do any shielding with that.

The TWPinc link doesn't seem to have anything that's specifically fabric, and what I see that looks like it might be soft, is much, much more expensive than even LessEMF, so I'm probably going to get a sample from LessEMF. I would imagine steel from a wholesale mesh place like that would have a lot of oily residues, but I suspect the fabric is likely to have less of that problem. I'll keep an eye out for that though and will be prepared to wash it.

I noticed a drastic and measurable increase in radiation in my apartment when I attempted to shield my window – that was obviously reflecting off the shielding. I really am surrounded here. I can measure the increase of RF under the couple of pieces of fabric I've put up over my pillow too, though even with the reflection it's better than without, compared to what it was before whatever moved into the neighborhood increased the radiation in my apartment overall.

I always measure if I try to shield. I never trust just my own physical reactions, because I know they can be from many different things, delayed, or stronger or weaker depending on how I feel otherwise. I've been MCS for 20 years, but EHS started in more recent years.

Isis

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Monday, November 7, 2016
Subject: [emfrefugee] Re: Shielding fabric for EHS/MCS

I misunderstood – I thought you were interested in stainless steel mesh.

You wrote:

"I noticed a drastic and measurable increase in radiation in my apartment when I attempted to shield my window that was obviously reflecting off the shielding. I really am surrounded here. I can measure the increase of RF under the couple of pieces of fabric I've put up over my pillow too, though even with the reflection it's better than without, compared to what it was before whatever moved into the neighborhood increased the radiation in my apartment overall."

You have made a very common error in measurement and I wanted to comment because this sort of thing is common (and yes, I've done it myself) and leads to lots of mistaken thinking about EMC, and the nature of radio waves and metals in the home.

To measure shielding you must have the receiving antenna at least 0.8 meters from the shielding material. This is right in the IEEE spec for shield room testing. This is to ensure that nearby metal surfaces are not coupling to your antenna – effectively giving you a higher gain antenna. When you have the antenna too close to the metallic shield material, you can get bogus high readings, which can be 10dBm (20dB voltage) higher than they should be. It has to do with signals coupling to the antenna and is not legitimate.

Likewise, many years ago Lucinda Grant (author) accidentally started a serious misunderstanding about metals and radio waves because when she held her AM radio near any metal object, the noise or station got louder. She thought that this was because metals are bad for you and amplify radio signals. Marvelous lady but her misunderstanding led to a lot of bogus folklore, which over nearly 30 years has become almost dogma. In the case of the AM radio, it is a low-frequency radio, 500K-1.6Mhz. Too long of a wavelength to pick up the E field well, so a ferrite rod antenna (metal rod with coils) is used which picks up the magnetic field instead. It is STARVED for antenna signal; so any large metal object metal close enough will act as an antenna extension or booster. This is an antenna effect that does NOT mean that metals amplify. What you have done is make a better antenna for your receiver, by accident.

I do understand that most people will not be able to understand this. But I hope some will and will be able to start correcting this serious misunderstanding of taking signal strength readings close to metalized surfaces.

An example from a fully shielded home:

I live in a home that provides about 55dBm of shielding at 2.45 GHz.

The only outside door faces the general direction of the nearest cell tower, 5.5 miles away.

If reflective surfaces amplified signals, when I open my door, I should see a BIG increase in signal strength in my house, right? Actually, NOT. The levels drop almost 10dB from the outdoor ambient as I move deeper into the house. The only microwave absorber I have is the 5" concrete slab, which has an aluminum foil laminate underneath. Concrete is not a great absorber when it is dry; it is the water that does the absorbing. All other wall/ceiling surfaces have laminated aluminum foil under tile or clay paint.

Where I do see significant reflection issue is when a transmitter is used inside the house. No matter where you are in the house, it is as strong as at about 6 feet from the transmitter, even if you are 30 feet away in another room with the doors open. Everywhere, in every room with an open door, and very uniformly. There are no "hot spots" or variations in strength. (I looked hard to try and find some.) If I close the metal door to the transmitter room, then the levels drop 40dBm, even without an EMI gasket on that door. With a second door closed, it was below detection.

I hope this helps. Please do ask if I explained this poorly.

Best Wishes,
Bruce

From: Isis
To: emfrefugee@yahoogroups.com
Sent: Tuesday, November 8, 2016
Subject: [emfrefugee] Re: Shielding fabric for EHS/MCS

No, you didn't misunderstand. I am looking at stainless steel mesh, but at a mesh that is soft like fabric, which LessEMF sells as a shielding materials for canopies and such. I had included a link to the product. Here it is again: <http://www.lessemf.com/fabric3.html#272>

I'm familiar with skewing results from measuring too close to shielding materials, but I noticed the reflection when measuring far enough away from it. I put it up, and the RF inside my room near that area was higher. I took it down, it was back to the normal range I usually get.

So what you're saying may make sense for measurements I've gotten around my pillow, where the distance from the shielding material is very close, though I think it matters less if the measurements I'm getting are due to reflection or boosted signal from antenna extension. It's good to understand the difference, but in the end analysis, the effect on my head on the pillow is the same.

I also am using the newer version of the Cornet that can measure E-fields, and I've noticed what you're describing when I switch to that feature. If I hold it up to some of the shielding fabrics I have (only the conductive type), those measurements go way up, then drop off within inches of the fabric. I've compared this with holding the device close to the fabric with the RF measuring feature switched on, and don't observe the same consistent increase in RF as I see in the E-field.

I think you may have missed the part about my living in an apartment building. There absolutely are transmitters inside the house, used by my neighbors. This is a very small space, and we all live in very close proximity, so there's no getting away from it. I'm picking up emissions not just from the outside, but from inside.

I appreciate your technical information, but I really don't trust the IEEE reference. Having researched how chemical corporations measure for VOC, and deliberately skew the results, I'm never going to trust industry to be the arbiter of good science.

How do you explain the effects many of us feel when someone uses a cellphone inside a car, as opposed to outside such a metal box? I've not attempted to measure in those situations, because I'm usually too neurologically impaired when that happens, but would you say this is the antenna extension effect you described, or a reflection of the signal?

Isis

From: Bruce
To: emfrefugee@yahooogroups.com
Sent: Tuesday, November 8, 2016
Subject: [emfrefugee] Re: Shielding fabric for EHS/MCS

The IEEE standard of measuring with antenna 0.8m from the shield room is a standard for industrial shield rooms and has nothing to do with telecom twisting of standards. One of the guys who wrote it was the guy who helped me study EMC so I could quit making expensive mistakes; I was desperate to have computer access again. The point is, having the antenna of your broadband RF meter closer than that to metal(ized) things results in bogus measurements, due to interaction between the antenna and the metal.

A transmitter within the structure changes everything regarding reflections as I noted before. It's a disaster. I'm sorry you're having to cope with that environment.

Using a cell phone within a car is problematic, as the partial shielding the car body is likely to cause a boost in the cell phone output signal. The other occupants will also get substantially stronger exposure from both the stronger signal and reflections as well.

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Tuesday, November 8, 2016
Subject: [emfrefugee] Re: Shielding fabric for EHS/MCS

Thanx, that clarifies it enough for me for now. I may follow up on the reflection vs antenna issue another time.

I can't judge the reliability of that particular IEEE standard (except in so far that I've experienced what you're describing), but I would differ with the assumption that any industrial standard is trustworthy. While workers have more protections from toxics than the general public in some ways, that is only because their working environment is exponentially more toxic in general. Industrial safety standards and scientific standards are rarely adequate, let alone perfect in industrial settings.

Isis

Berkeley Cell Phone Warning Debate/ Get Out and VOTE Tuesday

From: "josh@stopsmartmeters.org via ActionNetwork.org" <josh@stopsmartmeters.org>
To: garyvesperman@yahoo.com
Sent: Sunday, November 6, 2016
Subject: Berkeley Cell Phone Warning Debate/ Get Out and VOTE Tuesday

Hi Everyone, hope you are keeping well this Autumn:

Below is an article published last week in Newsweek on the fierce debate over cell phone health warnings. Thanks to Joel Moskowitz, Director of the Center for Family and Community Health at UC Berkeley, for forwarding this article. Thanks also to the City of Berkeley, Lawrence Lessig, and Ellen Marks of the California Brain Tumor Association for showing courage and perseverance in the face of corporate suppression of the truth. We will be watching this case closely.

Also, this Tuesday Nov. 8th is election day. If you are a US Citizen with voting rights, make sure you vote! We are just as alarmed as you about the corporate state forcing smart meters and other hazardous wireless technologies like 5G. However, the solution is NOT to elect a fascist strongman to the most powerful elected office in the land. That could make our situation much worse – for a long time to come. This is no partisan statement, but a unique political threat that requires our collective organizing and rejection of hate.

We need to come together, look after each other, and then organize and ramp up the pressure to stop these harmful technologies in our communities. For local races, find out which candidates are more supportive of the public's rights and which are in the utility/ telecom industry's corner. You can contact your local grassroots anti-smart meter group http://stopsmartmeters.org/frequently-asked-questions/contacts-database/?link_id=1&can_id=c312146ce8ef3de7f89d873f6e2b44be&source=email-berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday&email_referrer=berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday&email_subject=berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday for more information on these local races.

For example, this list published by the Michigan Smart Meter Education Network https://gallery.mailchimp.com/d067caa77de40ea79ce20e700/files/Meter_Choice_Candidates.01.pdf?link_id=2&can_id=c312146ce8ef3de7f89d873f6e2b44be&source=email-berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday&email_referrer=berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday&email_subject=berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday lets you know which candidates support ‘meter choice’ and which support cutting your electricity off in the middle of winter (it matters!).

[Click here](#) to find your polling place, and make a plan now to vote against hate.

Also, StopSmartMeters.org is currently having a 10%-off sale for all EMF meters in our store. We guarantee the lowest prices anywhere on the most popular meters; so you can afford to detect where unwanted ‘electrosmog’ is coming from and how strong the radiation is. Plus, we offer one-on-one support with all our meters. Proceeds from the sale of these meters helps us organize local groups all over the country that are raising awareness and having a direct impact on smart meter policies. Get your Holiday shopping done early and save money on equipment to protect your family and community. Go to the Stop Smart Meters! Store. http://stopsmartmeters.org/store/?link_id=7&can_id=c312146ce8ef3de7f89d873f6e2b44be&source=email-berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday&email_referrer=berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday&email_subject=berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday

Cellphone Radiation Warning Sign Sparks First Amendment Battle

Berkeley, California has become ground zero over health debates on the safety of exposure to radio frequencies in cellphones.

Ronnie Cohen, Newsweek, Nov 3, 2016

In the back of the Apple Store in Berkeley, California, at the end of the bar where those ‘geniuses’ repair iPhones and MacBooks, is a placard with this warning: “If you carry or use your phone in a pants or shirt pocket or tucked into a bra when the phone is ON and connected to a wireless network, you may exceed the federal guidelines for exposure to RF radiation.” Read the safety instructions in the manual, it tells consumers. Or else.

The Apple Store posted the notice to comply with a Berkeley city ordinance – the first in the nation – requiring retailers to alert consumers to the federal guidelines for safe cellphone use. The warning drew little attention when I visited that Apple Store in October. But such notices drew the attention – and the ire – of CTIA, a trade association representing some of the nation’s largest cellphone manufacturers and carriers, including Apple, Samsung, Verizon and AT&T. CTIA went to court, arguing that Berkeley’s notice infringes on cellphone retailers’ First Amendment rights. The ordinance, it said, forced retailers to “distribute its one-sided, innuendo-laden, highly misleading and scientifically unsupported opinion on a matter of public controversy.” Berkeley maintains in court documents that the notice is “nothing but an arrow that points to the very manuals written by manufacturers.”

The so-called right-to-know ordinance has sparked an epic dispute between two of the nation’s foremost, and formidable, legal titans.

CTIA hired Theodore Olson, a former solicitor general who argued the case that put George W. Bush in the White House and is considered one of the nation’s most effective U.S. Supreme Court advocates. Berkeley is represented by Lawrence Lessig, a Harvard law professor and cyberlaw expert who last year ran for president as a Democrat to push for an overhaul of campaign finance. The two are now jousting over the Berkeley ordinance in federal court.

Lessig, who helped craft the Berkeley ordinance in a way that he hoped would withstand a cellphone industry lawsuit, is not charging the city for his services. He volunteered because he believes corporations discourage governments from imposing regulations by filing First Amendment lawsuits that are prohibitively expensive to defend, he tells Newsweek. “I’m a constitutional scholar, and I am very concerned,” he says.

U.S. District Judge Edward Chen of San Francisco allowed the Berkeley cellphone warning law to take effect in January. In a hearing last year, Chen read from an iPhone manual cautioning that the device could exceed federal radiation-exposure guidelines if carried closer than five-eighths of an inch from the body. “The mandated disclosure truthfully states that federal guidelines may be exceeded where spacing is not observed, just as the FDA accurately warns that ‘tobacco smoke can harm your children,’” Chen wrote.

The wireless association appealed Chen’s decision to the Ninth U.S. Circuit Court of Appeals in San Francisco. In September, Olson and Lessig debated the matter before a three-judge panel. The judges are expected to issue a written ruling in the next few months.

In determining whether Berkeley’s required notice violates the First Amendment, the court must decide if the statements it makes are true, false or misleading. “These statements are absolutely true,” Lessig told the judges.

“The question is one of tone or interpretation,” said Judge William Fletcher, one of the federal appeals court judges hearing the case. “I read that language and say, ‘Uh-oh, I’m in trouble if I put it in my pocket,’ when in fact I might not be in trouble at all.”

Whether it’s dangerous for Fletcher to carry a cellphone in his pocket is a scientific question. The Federal Communications Commission (FCC) set radio frequency radiation limits in 1996, long before Steve Jobs introduced the first iPhone and children began tucking them under their pillows at bedtime. Since then, scientists have vigorously debated the safety of cellphones. Both Olson and Lessig have insisted they would not engage in that debate. But both have done so.

Here’s Olson: “What the FCC says with respect to cellphones used in the United States is that they are safe,” he told the appellate court. “Safe,” he repeated. “Berkeley’s message communicates: Watch out. If you don’t use them in a certain way, they won’t be safe.”

Fletcher disagreed: “As you know, the science at this point is somewhat indeterminate.”

Lessig argued that the FCC has never made a blanket statement that cellphones are safe in all circumstances, only when used as tested. “We are relying on a regulation of the FCC,” he told the court. “We don’t want to get into an argument about the science.”

A simple disclosure of facts would not violate the First Amendment, but Olson argued that the Berkeley warning is not just a disclosure, because it misleads consumers. Again, Fletcher and Olson clashed.

“The message is if you don’t be careful, you might exceed these guidelines,” Judge Morgan Christen said. Fletcher agreed; Olson didn’t. “If you do exceed the guidelines, the cellphone is still safe,” Olson replied.

In a telephone survey, Berkeley found that 70 percent of registered voters were not familiar with FCC-mandated safety tests – which assumed people would carry phones at a short distance from their bodies. The survey convinced the City Council to require the warning notices.

Lessig pointed the judges to the FCC's announcement three years ago that it would reassess cellphone radiation safety standards. It has collected about 900 comments on the issue but taken no other action. "The FCC would not be asking for comments about whether there was a health hazard if it had concluded that there was no possible way that a cellphone held against the body could constitute any health hazard," Lessig said.

The government has assumed that cellphone radio frequencies pose a potential danger only when held closely enough to human tissue to heat it. The only perceived problem was that a phone user might get burned. Recently, though, a \$25 million U.S. government National Toxicology Program study found that male rats exposed to radio-frequency radiation like that emitted by cellphones developed low incidences of two types of tumors – malignant gliomas in the brain and schwannomas of the heart.

In 2011, World Health Organization cancer experts labeled cellphones "possibly carcinogenic." Many U.S. scientists dismissed the label as overreach, but the new rat study renewed some public health experts' concerns that cellphone radiation could promote tumor growth.

Christen asked Olson whether cellphone-makers could agree to a compromise: allow the warnings to stand, but "add a sentence at the top that says the FCC has never found that cellphone usage is unsafe."

Olson stuck closely to the free-speech argument. "It forces a debate on a subject our client wishes not to get into," he replied, adding that cellphone companies should not be forced to make such a statement because having to do so places "a significant burden on speech."

All parties agree on one thing: Whether Berkeley has a right to mandate warnings about cellphone safety turns on a question of free speech, not science. Many others outside the courtroom would likely disagree.

<http://bit.ly/2e5RU8U>

Also see:

Berkeley Cell Phone "Right to Know" Ordinance

http://www.saferemr.com/2014/11/berkeley-cell-phone-right-to-know.html?link_id=9&can_id=c312146ce8ef3de7f89d873f6e2b44be&source=email-berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday&email_referrer=berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday&email_subject=berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday

Berkeley Cell Phone "Right to Know" Ordinance: Media Coverage

http://www.saferemr.com/2015/08/berkeley-cell-phone-right-to-know.html?link_id=10&can_id=c312146ce8ef3de7f89d873f6e2b44be&source=email-berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday&email_referrer=berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday&email_subject=berkeley-cell-phone-warning-debate-get-out-and-vote-tuesday

MCS and EHS safe saunas

From: S.

To: emfrefugee@yahoogroups.com

Sent: Monday, November 7, 2016

Subject: [emfrefugee] mcs and ehs safe sauna

So far I've found sunlighten, coastal saunas, heavenly heat, and radiant health saunas.

Anyone have other recommendations or an experience with these?

From: Cindi
To: emfrefugee@yahoogroups.com
Sent: Monday, November 7, 2016
Subject: RE: [emfrefugee] mcs and ehs safe sauna

Heavenly heat, by far; it is what Dr. Rea uses in his clinic. Many other sauna companies lied to me; it takes a great deal of due diligence to learn about the Chinese plastic in their heaters. Good luck.

From: Shelley
Sent: Monday, November 7, 2016
Subject: Re: [emfrefugee] mcs and ehs safe sauna

About half way through this article Dr. Mercola mentions EMFs in saunas and recommends a traditional steam sauna. His company sells saunas. There's some explanation the details about how to select one that is low EMF.

<http://products.mercola.com/saunas/>

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Monday, November 7, 2016
Subject: [emfrefugee] Re: mcs and ehs safe sauna

Most people with serious ES can't tolerate the 1-2 milligauss the 'low EMF' heaters generate. Many are affected badly down to 1/100th that or less.

If you can, lucky you.

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Monday, November 7, 2016
Subject: Re: [emfrefugee] mcs and ehs safe sauna

No ELF magnetic field levels listed for these 'low emf' units. Beware. Know what you can tolerate well and what you're buying. General guidelines for the public are NOT appropriate for people who already have ES. Almost every person with serious ES is more sensitive than 0.1 to 0.2 milligauss, which is the average home level according to the EPRI.

The conventional heaters with rocks (Helo used to make them) can be used safely if you stay away while it heats. This requires a sauna that is well insulated so that it will hold the heat well, allowing you to enter the sauna with the heater entirely off. I used this in my custom maple sauna for many years. We switched to ceramic tile saunas for new home designs and I highly recommend them over wood; the hot wood temps are problematic for many, and we had no problems with the two tile saunas done with site made sand/cement backer, thinset, grout.

Also, don't be scammed by the far infrared heater hype. The heat you feel from the walls of the sauna IS far infrared regardless of heater source.

The ultimate would be some type of remote high temperature boiler system. Not a simple design because sauna temps are so high.

From: Lily
To: emfrefugee <emfrefugee@yahoogroups.com>
Sent: Tuesday, November 8, 2016
Subject: Re: [emfrefugee] mcs and ehs safe sauna

I have heard that the Sunlighten FIR sauna is low-EMF.

At a local clinic where I take FIR saunas, I found that if I brought a wooden stool & sat away from the heating walls, I felt better. I didn't bring my gaussmeter, but the fields 'should' drop off quickly with distance from walls.

Figured I was probably getting more benefit than injury towards detoxifying, which is what the FIR does better than any other kinds of saunas (steam, etc.) because it penetrates several inches into the skin, and organs.

Lily

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Tuesday, November 8, 2016
Subject: Re: [emfrefugee] mcs and ehs safe sauna

The problem is that in a personal, small sauna, you can't just move to the back bench. So 'low emf' is like reading 'all natural' on packaged chicken. It means nothing.

The standard sauna produces largely FIR heating, from the radiated heat of walls, ceiling, and bench. I think FIR heaters are mostly marketing hype.

I developed MS and a marble-sized brain lesion during a medically supervised sauna detox program. I made the other patients ill; so almost the entire time I was in isolation in a small sauna with a Helo heater. The MCS came back in spades a year later in a home with wiring errors and very high ELF magnetic fields in the winter. Rapidly spreading tiny lesions and epilepsy made my life hell. I did recover partially but my life has never been the same.

Please, use your meter and don't believe "low EMF" unless you've measured it and know your own tolerance level. Knowledge can save your quality of life.

Action alert: 5G cellular technology will blanket planetary life with ultra-high microwave frequencies

Posted by: Jonathan Landsman in EMF Pollution September 3, 2016 42 Comments
[Tourmaline Spring Water]

5G (NaturalHealth365) The 5G revolution is rushing toward us and it will bring a whole new era of harm from ultra-high microwave frequency radiation. And those who raise their voices against the danger to our health and our human rights to safety have been the subject of harassment, intimidation and attempts to silence them.

On July 14, the FCC voted to unleash 5G in the United States, approving sweeping Spectrum Frontiers rules to make spectrum bands above 24 GHz available for 5G. Even though serious health risks are associated with the proliferation of cell phone technology, the attitude of the FCC seems to be ‘full speed ahead and damn the torpedoes.’

The July 14 vote was preceded, a month earlier, by a June 20th announcement by FCC chairman Tom Wheeler, in which he enthusiastically heralded the coming rollout of 5g applications and networks as a “game-changer” and a “national priority” that will generate “tens of billions of dollars.”

Warning for humanity: The FCC automatically approves the use of untested frequencies

The 5G network will use higher frequency bands than previously thought possible – which are untested frequencies of 24 to 100 GHz or more. Wheeler said that implementing the new frequencies would necessitate new antennas – intended to aim and amplify the signals – new infrastructure and a massive deployment of towers throughout the United States.

The FCC is moving quickly to adapt 5G technology. Wheeler said that Verizon and ATT will start 5G trials in 2017, with the first commercial deployments scheduled for 2020. Specifically rejecting the notion of 5G being only for urban use, Wheeler noted that all areas, including rural communities, will be saturated.

In other words: **No part of the country will be safe from ultra-high frequency signals.**

With obvious relish, Wheeler spoke of “turning innovators loose” to develop and adapt 5G and related networks. And, as for those ‘annoying regulators’ – who could presumably stand between us and harm from electromagnetic radiation – Wheeler rejects the idea that these cautious people should be allowed to define our future.

Gestapo tactics are being used to silence criticism of 5G technology

At the July 14th press conference, Bloomberg News reporter Todd Shields had his press credentials confiscated by members of the FCC security force. His offense? He was in the act of speaking with safety advocates concerned about radiation, who wanted to show him a tee shirt symbolizing their concerns.

Shields openly confronted Wheeler during the press conference, relating how his credentials had been seized and asking for comment. Wheeler told Shields he could have his credentials back, but went on, unbelievably, to remind him that everyone who came to the press conference had a duty to “behave responsibly.” (in other words, follow orders or get out)

Who is behaving “responsibly” here – the FCC chair who is shamelessly pushing 5G, or the activists who are trying to hold him accountable? This video (below) says it all – judge for yourself: {Share the news}

Proof of harm

Remember – things that the government once tested and considered “safe” include such toxic horrors as thalilomide, smoking, asbestos, lead paint, and Agent Orange. Can we really trust these so-called government ‘health’ agencies?

Consider this: A \$25m government study by the **National Toxicology Program** has concluded that **wireless radiation causes cancer**. Natural health advocates say that 70 percent of non-industry studies assess wireless radiation as harmful; with industry studies, the effects are reversed – with only 32 percent showing that wireless radiation is harmful. But, either way, the dangers are clear and being ignored by our government due to corporate interests.

The public is at risk: Corporate giants care more about revenue and ignore the dangers

As the annual financial reports of such corporations as Verizon and T-Mobile reveal, **the companies acknowledge they are subject to litigation** relating to the alleged health effects of wireless phones and radio frequency transmitters. The companies warn that this could result in significant damages; they also admit that wireless technology http://www.naturalhealth365.com/0972_microwave_radiation.html/ and adverse health effects do exist – including the threat of cancer.

Already, Nokia is a defendant in 19 separate lawsuits filed in Washington, D.C. alleging that radio emissions from cell phones caused their brain tumors. The lawsuits allege **an industry-wide conspiracy to manipulate the science and testing** around emissions guidelines – and the world will be watching as this drama unfolds.

Take action to stop 5G cellular technology

The following pair of websites offer clear and practical ways to stop the spread of 5G technology.

Go to ParentsForSafeTechnology.org and **learn how to write, call and email the relevant agencies to inform them that this wireless deployment must be stopped immediately**. The site provides addresses for the FDA's Center for Devices and Radiological Health, as well as the CDC, the National Institutes of Health, the National Institutes of Environmental Health Sciences, and the National Toxicology Program.

After emailing, make sure to send a copy to your elected officials, and also email a copy to the FCC.

You can also **demand a systematic review of 5G by the EPA**, and insist that the review be accompanied by the development of proper safety standards. In addition, you can subscribe for more solutions at [TakeBackYourPower.net](https://takebackyourpower.net/) <https://takebackyourpower.net/> to receive updates on liability actions.

Former congressional candidate and safety advocate Kevin Mottus warns that schoolchildren are already developing cancer and neurological symptoms as a result of exposure to wireless routers. "We are microwaving our population," Mottus declares. It's time to take action.

About the author: Jonathan Landsman is the host of NaturalHealth365.com, the NaturalHealth365 Talk Hour – a free, weekly health show – and the NaturalHealth365 INNER CIRCLE, a monthly subscription to the brightest minds in natural health and healing.

Reaching hundreds of thousands of people, worldwide, as a personal health consultant, writer and radio talk show host, Jonathan has been educating the public on the health benefits of an organic, non-GMO diet along with high-quality supplementation and healthy lifestyle habits, including exercise and meditation.

References: <http://www.parentsforsafetechnology.org/stop-5g-spectrum-frontiers.html>

Source: <http://www.naturalhealth365.com/5G-wireless-technology-1958.html>

EMF-Omega-News 8. November 2016

From: "BI-CI Omega star.mail@online.de [emfrefugee]" <emfrefugee@yahooogroups.com>

Sent: Tuesday, November 8, 2016

Subject: [emfrefugee] EMF-Omega-News 8. November 2016

Dear Sir, Madam, Ladies and gentlemen, dear friends,

For your information.

Best regards,

Klaus Rudolph

Citizens' Initiative Omega

Sometimes the links are missing. You can always find them here: <http://www.buergerwelle.de/en/>

<http://www.buergerwelle.de/en/news/newsletter/>

<http://www.mastsanity.org/health-52.html>

<http://electromagnetichealth.org/category/electromagnetic-health-blog/>

Around North America, telecom corporations are now deploying small cells (small cellular antennas) on utility poles

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7634/>

Shocking facts about the health dangers of Wi-Fi

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7635/>

On the 5G rollout in America from Tom Wheeler-industry lobbyist and FCC Director

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7636/>

Wireless radiation is a major health threat

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7637/>

Canada needs Wi-Fi-free preserves

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7638/>

Cell Phones and Breast Cancer

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7639/>

BC Hydro has started cutting power to their refusenicks

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7640/>

Electromagnetic field reduction restores health of electro-sensitive people

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7641/>

The Unspoken Impacts of Smart Meters. Microwave Technologies RFs/EMFs “Harm Human Health”

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7642/>

Health hazards to consider when deciding where to place cell towers

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7633/>

News from Mast Sanity

<http://tinyurl.com/2vhcbl6>

<http://tinyurl.com/aotw3>

Our links:

<http://tinyurl.com/yjpu7wg>

<http://tinyurl.com/93epp>

<http://tinyurl.com/9w2sx>

<http://tinyurl.com/aotw3>

<http://tinyurl.com/oya9t>

<http://tinyurl.com/jyemw>

<http://groups.yahoo.com/group/EMR-EMF/>

<http://groups.yahoo.com/group/emf-omega-news/>

Note: Editor and responsible for the content: Citizens' Initiative Omega. Our messages are the result of many hours of daily research, roundup and editing.

If you have information which you would like to share with your friends and colleges around the world and which are from common interest, please send us this information, we will send them out.

Disclaimer:

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Tomorrow's Mobile Devices—from Wireless Power to Breathalyzers and Thermometers

Tomorrow's Mobile Devices—from Wireless Power to Breathalyzers and Thermometers

Summary

The smartphone rang in a new era of technology, enabling consumers to essentially carry a personal computer in their pockets. With the latest advances in power management and sensing, mobile devices are primed to deliver new sets of features – both practical and fun – for consumers and business users. This webinar will focus on the challenges and opportunities that lay ahead with the latest advances in ultra-compact wireless power transfer and sensing components, and where they fit into coming generations of innovative mobile devices.

Source:

<https://event.on24.com/eventRegistration/EventLobbyServlet?target=reg20.jsp&referrer=&eventid=1287310&sessionid=1&key=C347DC9CBC08E207206AC12301B0EFE1®Tag=&sourcepage=register>

I received a certified letter from Clark County District School claiming that Wi-Fi is safe for school children

From: Gary Vesperman <garyvesperman@yahoo.com>

To: Gary Vesperman <garyvesperman@yahoo.com>

Cc: Ann R. Meeks <armeeks@interact.ccsd.net>

Sent: Thursday, November 10, 2016

Subject: I received a certified letter from Clark County District School claiming that Wi-Fi is safe for school children

Dear Friends,

As many of you know this summer I wrote three books describing the hazards of electromagnetic radiation from wireless devices such as cell phones, cell towers, smart meters, Wi-Fi, and wireless computers, keyboards, mice, laptops, routers, and printers. The three books total 600 pages and are linked at padrak.com/vesperman and commutefaster.com/vesperman.html. My websites also link to 35 additional authoritative reports written by medical researchers, etc on dangerously unhealthy radio frequency electromagnetic fields. Since September 17 I have already received enough reports to fill a fourth book about wireless radiation hazards.

At certain frequencies, wireless signals – far weaker than current Federal Communications Commission safety standards – pull structurally important calcium ions off of our body's cell membranes, weakening and causing them to leak.

Having its meticulously balanced systems destabilized, even slightly, by wireless triggered leakage wreaks biological chaos – subverting the integrity of the body's intricate defense mechanisms and leaving it vulnerable to all manner of damage. Many symptoms of high sensitivity to powerful radio waves can thus be explained: Leaking skin cells cause rashes, tingling, numbness, burning sensations; leaking heart cells trigger potentially life-threatening heart complications; in the inner ear, leaking cochlear cells trigger tinnitus and leaking vestibular cells cause dizziness and other symptoms of motion sickness, including nausea. Electrohypersensitivity is similar to severe allergies to foods such as nuts.

The long list of biological malfunctions includes DNA damage, genetic changes, breakdown in intra-cell communication, protein damage, immunological function changes, reproductive system damage, decreased sperm counts, cell damage and death, brain-blood barrier leakage, brain nerve cell damage, free radical increases, melatonin decreases, possible linkage to auto-immune diseases like MS, embryonic cell damage, fetal defects, heritable birth defects, high blood pressure, diabetes, depression, insomnia, memory problems, autisms, infertility, hormonal imbalances, brain disorders, protein and peptide damage, kidney damage, brain tumors, breast cancer, Alzheimer's disease, muscle and head aches, chronic fatigue syndrome, weakened bones, and literally hundreds of potential illnesses related to leakage in cell membranes throughout the body.

Sweden already has 270,000 people who are on disability for related impairments. Millions of people in Germany complain of all kinds of nervous disorders and of a new common illness, called 'burnout syndrome'. We are all already being injured by wireless radiation below the minimum level of detectable symptoms. About 1% of Americans may already be suffering from electrohypersensitivity. The Russians were the first to call the condition 'microwave sickness' – reversible in the early stages, lethal over time.

The bottom line is that all of us should minimize exposure to wireless radiation as much as possible. Children should especially not play with smart phones nor be exposed to Wi-Fi in their schools.

One of the more comprehensive arguments for banning Wi-Fi, cell phones, etc is linked at <http://wi-cancer.info/home.aspx>.

I have seen it claimed that wireless radiation (electrosmog) from cell towers, Wi-Fi, smart meters, smart phones, wireless laptops, etc is slowly but surely causing a widespread medical and biological catastrophe of modern civilization. Wireless radiation is also weakening reinforced concrete in buildings and other structures. An overpass in Canada and a water tower in France have already collapsed from weakened concrete.

Some time ago I had written to the Clark County School District suggesting that their students should not be exposed to toxic electromagnetic radiation from Wi-Fi, wireless laptops, etc. The CCSD includes the Las Vegas metropolitan area and is the 5th largest school district in the nation with over 320,000 students in 357 schools and over 40,000 employees.

Today I received the attached letter (shown below) from the CCSD via certified mail. A copy of the envelope's front is also attached (not shown).

They simply claim that their wireless equipment complies with "... current federal guidelines as aligned to the Federal Communications Commission requirements."

I happen to know that FCC wireless radiation equipment safety standards for particular wireless devices are based on placing devices next to a bucket of 'imitation brain juice' (salt water). If the wireless device does not heat up the imitation brain juice, the FCC in its infinite regulatory wisdom rules that the device is safe! Never mind the thousands of medical studies that have been conducted all over the world conclusively demonstrating that the electromagnetic radiation from wireless devices is toxic to humans and also plants and animals. Never mind my three books, totaling 600 pages, on wireless hazards and my compilation of 35 reports linked at my two aforementioned websites. Never mind the photographs of cell phones adversely affecting blood cells and calves deformed by cell tower radiation shown in the attached appeal (see below) to ban Wi-Fi from Las Vegas convention halls.

The cell phone, Wi-Fi, smart meter, and wireless computer companies are desperately trying to keep the lid on the hazards of wireless radiation in order to protect their enormous profits. Yet Nokia as of a couple months ago has been hit with 19 lawsuits claiming brain cancer caused by cell phone use. The insurance companies refuse to insure against the ultra-high risks associated with wireless devices. It is unfortunate that the CCSD Instruction Unit is gullible enough to have fallen victim to industry claims that their wireless devices are harmless to students and employees.

All parents of CCSD students should be deeply disappointed that the people at the CCSD's Instruction Unit have chosen to cowardly stand behind buckets of imitation brain juice, via certified mail (!), instead of intelligently discussing point by point some of the many arguments against exposing their students to dangerously toxic wireless radiation.

BOARD OF SCHOOL TRUSTEES

Dr. Linda E. Young, President
Chris Garvey, Vice President
Patrice Tew, Clerk
Kevin L. Child, Member
Erin E. Cranor, Member
Carolyn Edwards, Member
Deanna L. Wright, Member

November 3, 2016

Pat Skorkowsky, Superintendent

Dear Mr. Vesperman,

Thank you for contacting the Clark County School District on behalf of Ms. Tatro-Medlin. The Instruction Unit has worked collaboratively with the Environmental Health and Safety Department and the Technology and Information System Services Department, and based on the information received, it is generally assumed, there is not a significant risk of health effects from the low levels of electromagnetic fields generated by Wi-Fi systems. Additionally, all District equipment must meet current federal guidelines as aligned to the Federal Communications Commission requirements.

All units will continue to follow future research and development of electromagnetic fields to ensure the safety of all students. The Clark County School District will continue to upgrade schools to high-performing technology as the technology becomes available.

Sincerely,



Mike Barton
Chief Student Achievement Officer

c: Debbie Brockett, Principal, Las Vegas High School
Lori Headrick, Director, Environmental Health and Safety Department
Brenda Larsen-Mitchell, Assistant Chief Student Achievement Officer, Instruction Unit
Dan Wray, Chief Technology Officer, Clark County School District

I happened to receive today the emailed newsletter below which originated from Germany. I think it is ironic that German educators and researchers are finding that electronic hardware is not measurably improving instructional results.

Note that the second attached document is a useful description of the fundamentals of electromagnetic hypersensitivity. <https://maisonsaine.ca/wp-content/uploads/2016/09/ehs-bray-13-08-2016.pdf>

BTW, I have had more than a passing interest in the CCSD.

During the winter of 1992, with the backing of the Clark County School District, I submitted to the New American Schools Development Corporation (NASDC) a proposal for developing a prototype fiber-optic school network to be installed in six junior and senior high schools. Judi K. Steele acted as liaison with the CCSD. The NASDC was an off-shoot of President Bush's America 2000 program. Funded mainly by donations from large corporations, the NASDC was a private company chartered to fund the development of radically different schools.

We did not win a grant. There were 685 other competitors for 11 awards. Afterwards we received short descriptions of the winning proposals. None of them appeared to be anywhere as advanced as my design. Sometime afterwards, the Las Vegas Review-Journal newspaper had an article that raised the suspicion that one reason for our not winning was that Nevada's then three electoral college votes were not important to President Bush's re-election!

Yet I have been authoritatively told more than once, although not recently, that no other design is close to mine, and may be the only one that has a genuine chance to break the organizational logjam hampering our schools. All the other designs I have ever come across have flaws that my design doesn't have. In fact a few years ago I came across an article claiming that educational computer experts have come to a dead end trying to make computers more useful in the schools. The basic systems engineering obstacle, which I believe I have surmounted, is that the answer lies in a completely different, complicated system which can not be arrived at in piecemeal fashion. There is much more that could be done than just throwing a bunch of PCs into a school.

I have since refined my design into a 'torsion field school network'. An overview is profiled in my "Gallery of Clean Energy Inventions" exhibit. Both the exhibit and a 125-page torsion field school network design document are linked at my two aforementioned websites.

I copied Ann Meeks-Meador, Instruction Unit Secretary, CCSD 702-799-5199.

Gary Vesperman
588 Lake Huron Lane
Boulder City, NV 89005-1018
702-435-7947

Gary Vesperman's Petition to Teamsters Union to Ban Wi-Fi from Las Vegas Convention Halls

Teamsters Union Local 631 Convention Craft Meeting Resolution Turn Off Wi-Fi in Convention Halls!

This summer I wrote three books describing the hazards of electromagnetic radiation from wireless devices such as cell phones, cell towers, smart meters, Wi-Fi, and wireless computers, keyboards, mice, laptops, routers, and printers. The three books total 600 pages and are linked at padrak.com/vesperman. My website also links to 35 additional reports on dangerously unhealthy radio frequency electromagnetic fields.

One block east from the Freeman and GES labor trailers are two cell towers near a fire station. Freeman and GES employees may be exposed to dangerously strong cell tower radiation which is added to the radiation from their cell phones: At certain frequencies, wireless signals – far weaker than current safety standards – pull structurally important calcium ions off of our body's cell membranes, weakening and causing them to leak.

Having its meticulously balanced systems destabilized, even slightly, by wireless triggered leakage wreaks biological chaos – subverting the integrity of the body’s intricate defense mechanisms and leaving it vulnerable to all manner of damage. Many symptoms of high sensitivity to powerful radio waves can thus be explained: Leaking skin cells cause rashes, tingling, numbness, burning sensations; leaking heart cells trigger potentially life-threatening heart complications; in the inner ear, leaking cochlear cells trigger tinnitus and leaking vestibular cells cause dizziness and other symptoms of motion sickness, including nausea. Electrohypersensitivity is similar to severe allergies to foods such as nuts.

The long list of biological malfunctions includes DNA damage, genetic changes, breakdown in intra-cell communication, protein damage, immunological function changes, reproductive system damage, decreased sperm counts, cell damage and death, brain-blood barrier leakage, brain nerve cell damage, free radical increases, melatonin decreases, possible linkage to auto-immune diseases like MS, embryonic cell damage, fetal defects, heritable birth defects, high blood pressure, diabetes, depression, insomnia, memory problems, autisms, infertility, hormonal imbalances, brain disorders, protein and peptide damage, kidney damage, brain tumors, breast cancer, Alzheimer’s disease, muscle and head aches, chronic fatigue syndrome, weakened bones, and literally hundreds of potential illnesses related to leakage in cell membranes throughout the body.

Sweden already has 270,000 people who are on disability for related impairments. Millions of people in Germany complain of all kinds of nervous disorders and of a new common illness, called "burnout syndrome". We are all already being injured by wireless radiation below the minimum level of detectable symptoms. About 1% of Americans may already be suffering from electrohypersensitivity. The Russians were the first to call the condition ‘microwave sickness’ – reversible in the early stages, lethal over time.

The bottom line is that all of us should minimize exposure to wireless radiation as much as possible. Children should especially not play with smart phones and be exposed to Wi-Fi in their schools.

All of the convention halls have Wi-Fi. We Teamsters have an opportunity to make some history. Our Teamsters Local 631 should pass a formal resolution to ask the Las Vegas convention halls to turn on their Wi-Fi only during conventions and only after ensuring none of our brothers and sisters are working on the premises and would be exposed to their hazardous Wi-Fi signals.

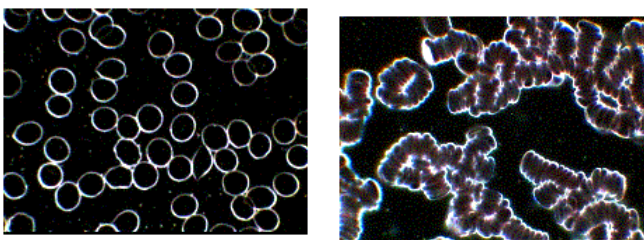
Gary Vesperman, Teamsters Local 631 Convention Journeyman, Boulder City, Nevada September 17, 2016

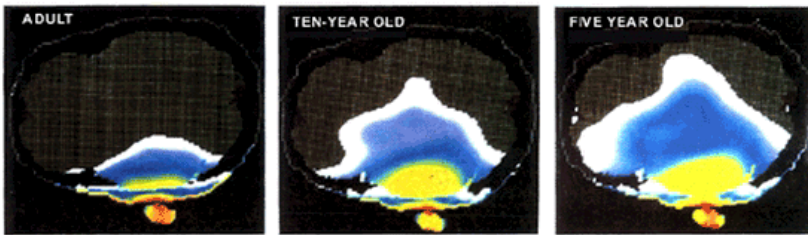
Page 12 of “Possible Hazards of Cell Phones and Towers, Wi-Fi, Smart Meters, and Wireless Computers, Printers, Laptops, Mice, Keyboards, and Routers Book Two”, linked at padrak.com/vesperman and commutefaster.com/vesperman.html, displays these images:

Images of Red Blood Cells, etc Affected by Electromagnetic Wireless Radiation

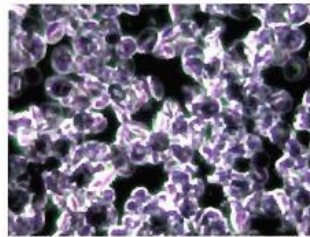
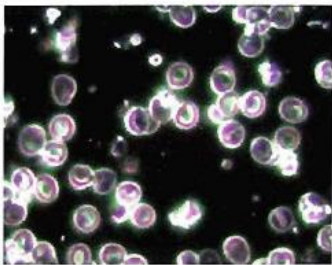
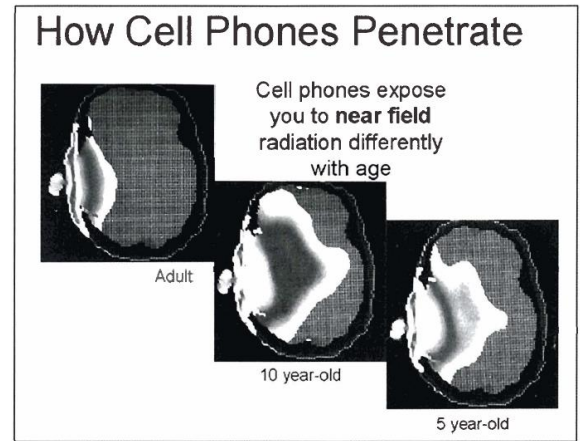
See pages 16, 17, 24, 25, 27, 28, 30, 32, 76, 77, 78 and 162. Examples:

Red Blood Cells Before and After a 90-Second Cell Phone Call





The amount of radiation penetration of a skull for an adult, a 10-year-old child, and a five-year-old child.



Disrupted red blood cell intercellular communication occurs within minutes of exposure to information carrying radio waves. Red blood cells must be able to sense the location of other blood cells to avoid clumping. Slide at left: prior to cell phone exposure – red cells are functional. Slide at right: after five minutes on a cell phone – red cells are clumped and non-functional.

Deformed cows near cell phone towers in Germany are just one example among many animal deformities appearing around the world. Research has also connected the worldwide disappearance of frogs, birds, and insects [most recently bees] with the dramatic increase of electrosmog permeating our planet.



German EHS Newsletter November 2016

From: Kompetenzinitiative e.V. <Sekretariat@kompetenzinitiative.net>
Sent: Thursday, November 10, 2016
Subject: Mobilfunk-Diskussion – Europ. EHS Betroffene zur Situation

Newsletter November 2016
HEALTH POLICY
European EHS concerned organizations on the situation

You have to live with discrimination. Fellow who suffer from electrical hypersensitivity (EHS), in a difficult position. Normal life cycle is almost impossible, coping with everyday life an ordeal. Now ask European EHS concerned organizations with various initiatives renewed attention to their situation.

In an open letter to Pope Francis, A desperate call because of 'Laudato Si', states: "We often live in desperate situations ... Many have become ill and our state does not correspond to decent living longer." The current European policy is so far hardly noticed. Of great importance, therefore, the initiatives of the EHS action alliance at European level, the encounter tremendous resistance industry pleasing policies ... >>>

<http://kompetenzinitiative.net/KIT/KIT/europaeische-ehs-betroffenen-organisationen-zur-situation/>

SWEDEN

Thyroid Cancer is increasing rapidly

Swedish Radiation Protection Foundation reports about new study results of Lennart Hardell's research team: they "confirm that there is a substantial increase in patients diagnosed with thyroid cancer during recent years in Sweden".

(Excerpt:)

The increase has coincided with the growing use of so called "smart phones". These popular phones expose the radiation sensitive thyroid gland to high radiation due to the antenna's placement at the lower part of the device ... >>>

<http://www.stralskyddsstiftelsen.se/2016/10/doctors-confirm-thyroid-cancer-is-increasing-rapidly-in-sweden/>

A new scientific article from leading Swedish epidemiologist and oncologist Lennart Hardell's research team confirms that there is a substantial increase in patients diagnosed with thyroid cancer during recent years in Sweden as well as in other Nordic countries. The increase has coincided with the growing use of so-called 'smart phones'. These popular phones expose the radiation sensitive thyroid gland to high radiation due to the antenna's placement at the lower part of the device. Another possible factor behind the increase is increased use of computed tomography in health care.

The researchers examined cases of thyroid cancer reported to the Swedish Cancer Registry in Sweden between 1970 and 2013. Their scientific article published in BMC Cancer in July 2016 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4937579/> notes that the radiation sensitive type of thyroid cancer (papillary) in particular is increasing among both women and men.

Women 20-39 years

In recent years there has been a break of the trend with a much more pronounced yearly increase in thyroid cancer incidence. A particularly alarming increase is seen among women aged 20-39 years (see the chart below of the number of cases per 100 000 inhabitants). In 2008, Apple introduced iPhone in Sweden that quickly became very popular.

The incidence is also increasing in other Nordic countries, as indicated by the graph below showing the increase among women per 100 000 inhabitants for all ages.

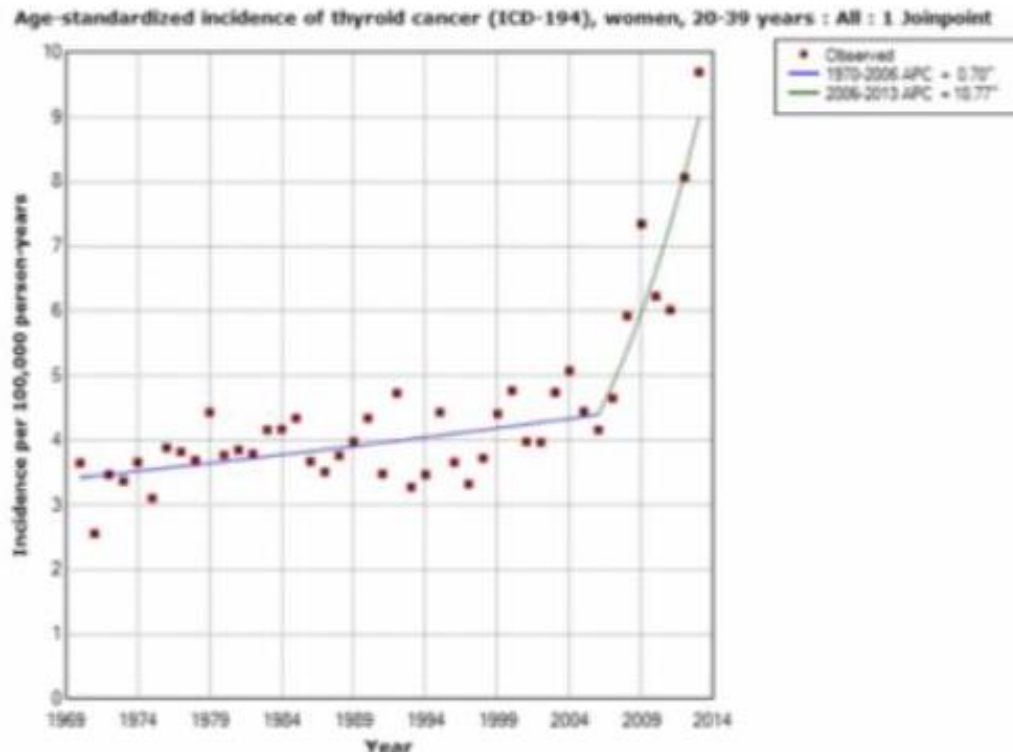


Fig. 2 Joinpoint regression analysis of age-standardized incidence of thyroid cancer for women, aged 20–39 years 1970–2013. Incidence per 100,000 inhabitants for ICD-7 code 194 according to the Swedish Cancer Register (<http://www.socialstyrelsen.se/statistik/statistikdatabas/cancer>)

Thyroid cancers in USA

In the US, a study has shown that the number of cases of radiation-sensitive papillary thyroid cancer increased between 2002 and 2012 by 174%. The increase is also observed among the larger tumors (over 4 cm). Recent statistics show that between 2009 and 2014 only, the number of new patients with thyroid cancer in the United States increased from 37 000 to 63 000. [1]

Particularly high increase has been reported in South Korea where the incidence per 100 000 inhabitants has reached 107 in 2008–2010. There is an ongoing discussion that the increase is due to increased screening. A recent article from scientists at the IARC also highlighted this possibility; however the IARC article only analyzed incidence until 2007. Furthermore the authors were not aware of the increasing factor in the environment that might contribute to the increase: radiofrequency radiation. Although it was classified by IARC in 2011 as "possibly carcinogenic to humans". The authors claim:

"There is no evidence of new risk factors or increased exposure to known contributors to thyroid cancer that might explain these steep upward trends".

On the contrary radiofrequency exposure has exploded during the last decades and exposure to ionizing radiation has increased.

– In Sweden we have no screening of thyroid cancer that could explain the increase, says Dr. Lennart Hardell.

Ionizing radiation risk

Ionizing radiation is an established risk factor for thyroid cancer. Thyroid cancer can occur in as little as 1 year after the exposure of children and 2.5 years after exposure of adults. Almost all thyroid cancer cases among children around Fukushima after the disaster in 2011 were the papillary sensitized variant. Radiation produces higher risk of thyroid cancer in children compared to adults while women are at higher risk compared to men.

The Swedish scientists also point to the increasing prevalence of radiographic examinations, mainly CT scans, in medical treatment as a possible contributing factor to the development. Between 1993 and 2010 the number of patients per year examined with CT increased from 40 per 1000 inhabitants to over 100 per 1,000 inhabitants. Between 2006 and 2013 the number of PET-CT examinations furthermore increased threefold.

Mobile phone radiation risk factor

Human exposure to radio frequency radiation from wireless technologies has increased tremendously since the start of this millennium.

Both regarding the use of mobile phones and the whole-body exposure from more distant sources, the thyroid is among the body's most exposed parts. Given the fact that an antenna in recent years has been placed in the lower part of the so-called 'smart phones', the exposure of the neck area has increased substantially, as illustrated by the image below. It shows the different mobile phone models since the 1990s: the first with external antenna at the top, then the built-in antenna in the upper part and in recent years with the internal antenna in the lower part.

The Swedish scientists conclude that 'smart phones' have become very popular and the sale and consumption has increased dramatically in recent years. 3G and 4G have become the new standard for mobile phone communications.

3G promotes tumor growth and damage to DNA

3G has been shown to be able to damage the DNA of cells and promote tumor growth at levels that are around 50 times lower (0.04-0.05 W / kg) than the standard for mobile phones i.e. 2 W/kg. The standard however explicitly excludes protection against cancer hazards and covers only acute effects due to heating.

The so called 'smart phones' expose the user to more radiofrequency radiation. They can be connected to multiple networks and have built-in communication protocols for 2G, 3G and 4G, Wi-Fi and Bluetooth.

Dr. Lennart Hardell and his co-authors suggest that previous research has shown that radiofrequency radiation (2.45 GHz) at levels below current limits causes effects on the thyroid. In one study, whole body exposure to 900 MHz (GSM) has been shown to cause cell changes in the thyroid gland in animals. Other studies have shown carcinogenic effects on the thyroid gland and disruption of the production of thyroid hormones.

– Our results clearly show that it is mainly the radiation sensitive type (papillary) of thyroid cancer that is increasing, writes the medical and research team. The conclusion is that both ionizing and non-ionizing radiation should be investigated as the underlying cause.

Pioneer on cancer risks from dioxin and PCBs

Dr. Lennart Hardell has performed research on cancer risks with different environmental factors since the 1970s and was, for instance, among the first to show an increased cancer risk among people exposed to dioxin and among early users of mobile phones.

After his first studies linking dioxin exposure to cancer among workers in the 1970's, dioxin was decades later fully recognized as carcinogenic to humans when the International Research on Cancer IARC classified dioxin (TCDD) as a Group 1 carcinogen in 1997. Dr. Lennart Hardell has also shown that PCBs and glyphosate increase the risk of cancer. These factors are today classified by the IARC as possibly to fully admitted carcinogens. Dr. Lennart Hardell was one of the 29 leading international experts invited by the IARC that assessed the cancer risks of mobile phones in 2011. His research has been recognized as the most reliable in the field by the Supreme Court in Italy in an occupational injury case in 2012 (see also Microwave News article on the Italian case).

ELECTROMAGNETIC RADIATION SAFETY – iPhones vs. Galaxy phones

Joel M. Moskowitz asks in a new article, 24 October 2016: "Do iPhones emit more radiation than Samsung Galaxy phones?"

(Excerpt:)

Several recent news stories reported that Apple iPhones emit twice as much radiation as Samsung Galaxy phones ... This story has been reported in Australia, China, France, India, Japan and South Korea ... >>>
http://www.saferemr.com/2016_10_01_archive.html

MICHIGAN, USA

"The Meter Itself is the 'Hazardous Condition'"

Insider information for the smartmeter discussion. William Bathgate, former Senior Program Manager at Emerson Electric, posted 13th October 2016 about the "Hazardous Condition" of meters.

(Excerpt:)

I have personally tested the RF emissions from the AMI meter and measured that the meter does not send data just a few times a day as the utilities publish. It actually sends an RF pulse about every 4-5 seconds constantly and a longer duration RF emission after midnight running about 3-5 minutes ... >>>
<https://michiganstopsmartmeters.com/2016/10/12/the-meter-itself-is-the-hazardous-condition/>

REPORT

Studies on the risks of cell phone radiation

Peter Hensinger (diagnosis: funk) and Isabel Wilke (ElektrosmogReport) put into environmentally - medicine - society clearly the recent study location to risks of cell phone radiation together. We analyzed 140 sources.

(Excerpt:)

The article documents recent study results on Endpoints genotoxicity, fertility, blood-brain barrier, cardiac function, cognition and behavior. A secured mechanism of action is Oxidative cell stress ... >>>
<https://www.diagnose-funk.org/publikationen/artikel/detail&newsid=1134>

STATE OFFENSIVE

Educational "rocket":

Total digital – wireless real you?

For several years, discussed the science in various disciplines over the loss-making future viability technizistischer educational visions. For many years has independent research by the evidence of the health risks of wireless radiation particularly for children and adolescents. The billion-strong training initiative of Education Minister Prof. Johanna Wanka, announced in October, is now to digitize and WLANisieren nationwide German schools. The National IT Summit in Saarbrücken, 16 / November 17 as a priority issue.

(A few selected contributions and votes of the current discussion:)

Prof. Dr. Dr. hc mult. August-Wilhelm Scheer, with Federal Minister Prof. Wanka Chairman of the IT summit platform "digitization in education and science":

I think that the IT Summit 2016 with its focus on education exactly is the right time to give the right boost for the digital transformation of our educational system to the missile ... >>>
<http://it-gipfel.saarland/itgipfel/das-schwerpunkt-amp-shy-thema-bildung-kommt-zum-richtigen-zeitpunkt>

Dr. Bernhard Rohleder, Director General Bitkom, Digital Association Germany:

"Mammoth task Digital Education?" – We must first solve the chicken or the egg, which consists in that the required basic facilities in schools are missing ... A first step would be that we comprehensively roll out this technology in all schools and ensure an appropriate service ... >>>
<http://it-gipfel.saarland/itgipfel/quot-kernthemen-in-die-oeffentlichkeit-tragen-quot>

Josef Kraus, president of the Teachers' Association, against tagesschau.de 12 October 2016:
One must take note that there has been no single reliable study out there that prove that students learn better digital ... >>>
<http://www.tagesschau.de/inland/wanka-digitalisierung-101.html>

Marlies Tepe, Chairman Education Union, October 12, 2016:

"Digital pact first step to school modernization" – But what good is broadband connection, if the plaster is crumbling from the ceiling and walls of the classroom ... >>>
<https://www.gew.de/presse/pressemitteilungen/detailseite/neuigkeiten/gew-digitalpakt-erster-schritt-zur-schulmodernisierung/>

Heinz-Peter Meidinger, German philologists Association, October 13, 2016:

Without massive investment in professional maintenance personnel threatened the Federal Initiative to fizzle! ... Finally made the chief federation points out that a wireless connectivity of schools in many cases no doubt fail, it hapere in financing, but because parts of the school community decided because of the feared exposure mind ... >>>
<https://www.dphv.de/index.php>

Peter Hensinger, diagnosis: funk, October 16, 2016:

With digital education reform go hand in hand ideas that are planned in the Think Tanks industry. No educational, but a marketing concept and neoliberal adjustment ideas behind this 5-Milliarden euro investment ... >>>

<https://www.diagnose-funk.org/publikationen/artikel/detail&newsid=1132>

Prof. Dr. Ralph Lankau, Dr. Matthias Burchardt, Society for Education and Science eV, 2 November 2016: Schools and universities in Germany are educational institutions in humanistic and democratic tradition. You are thinking from man, not of technical systems and their development cycles. Is needed is more teachers, mentors, tutors, not hardware ... >>>

<https://bildung-wissen.eu/kommentare/trojaner-aus-berlin-derdigitalpaktd.html>

Scientists Declaration Trojans from Berlin to Digital pact opportunity to sign the declaration with seven claims on Federal Minister Wanka >>>

<https://bildung-wissen.eu/kommentare/erklaerung-trojaner-digitalpaktd.html>

NEW WEBSITE: DIAGNOSIS MEDIA

Digitization and responsibility

The "Initiative to increase awareness of the responsible use of digital media and technologies", bringing together several organizations, opened a new website: diagnose media.

(From the announcement:)

The initiative sensitized, informed, provide guidance on current issues ... sees itself as information portal that provides an overview of possible dangers of digital media ... >>>

<https://www.diagnose-media.org/>

ELECTRO-REPORT

Recent studies

(Ed. By Thomas Dersee) In the October / November issue of the specialized information service on the importance of electromagnetic fields on the environment and health, ElektrosmogReport, Isabel Wilke reported on new studies, including:

Mobile impact on trees (C. Waldmann Selsam et al. 2016)

900 MHz radiation damages the liver and blood of rats (A. Yilmaz et al. 2016)

Electrohypersensitivity and right (BI Budzinski / K. Hecht 2016)

http://kompetenzinitiative.net/KIT/wp-content/uploads/2016/07/KI_Brochure-6_K_Hecht_web.pdf

Defamation lawsuit REFLEX study

EUROPAEM EMF Directive – Discussion of a measurement method, which was not included in the Directive

All current reports are also available in the online archive after one month ... >>>

<http://www.strahlentelex.de/aktuell.htm>

MOVIE THEATER

TY4C: premieres in Hamburg and Saarbrücken

The docu-thriller Thank You For Calling from Klaus Scheidsteger Debate continues differently. " – Can harm the not 'Thank You For Calling' suggests to meet the mobile technology and their representatives with skepticism." The Süddeutsche Zeitung, otherwise with reservations about the work, admits Nils Michaelis in advance: "Make Mobile Phones sick ... The documentary tells how researchers are looking for answers and lawyers And as the industry puts obstacles in their way."

TY4C continues to run in numerous German theaters. Among other things, two premieres:
Hamburg, November 17: Special Events BUND AK electrosmog with Klaus Scheidsteger in Abaton and coral.

Saarbrücken, November 18: Special Events Filmhaus Saarbrücken Klaus Scheidsteger with the famous Luxembourg MEP Jean Huss, including rapporteur of pioneering Resolution No. 1815 of the Council of Europe (2011). <http://kompetenzinitiative.net/KIT/KIT/europarat-kurswechsel-in-der-mobilfunkpolitik-noetig/> That for a change in European mobile communications policy, bes. overlooking provision for children and young people from entering. – From the Kompetenzinitiative happens: Karl Richter and Peter Ludwig.

More information and dates >>>

<http://kompetenzinitiative.net/KIT/KIT/thank-you-for-calling-in-deutschland/>

For more information, we recommend ...

Medicine, Medical Practice, Health
Doctors and Mobile
International Medical Appeal 2012
<http://aerzte-und-mobilfunk.net/>

Basics of research and science, society, mobile policy
Competence Initiative for the Protection of Humanity, Environment and Democracy.
<http://kompetenzinitiative.net/>

New tree and plant studies of international research

Two new international tree studies attract attention: Science of the Total Environment 572 (2016) publishes an article "Radiofrequency radiation injures trees around mobile phone base stations" by Alfonso Balmori-de la Puente, Alfonso Balmori, Helmut Breunig and Cornelia Waldmann-Selsam. Flora 223 (2016) presents "The effect of the non-ionizing radiation on cultivated plants of Arabidopsis thaliana (Col.)" by Aikaterina L. Stefi, Lukas H. Margaritis, Nikolaos S. Christodoulakis ...

Health Implications of Long-term Exposure to Electrosmog

With regard to the current discussions, it is suitable to recall a work of Karl Hecht, which is now published on multiple demand in English translation: "Health Implications of Long-term Exposure to Electrosmog". The review findings – which disappeared into the government archives as soon as they had been submitted and which we are now making available to the public in this brochure in its most comprehensive form to date – are based on the assessment of 878 Russian studies between 1960 and 1997

Research, promotion of independent scientific
Pandora – Foundation for Independent Research
<http://www.pandora-stiftung.eu/>

Environmental and consumer protection
diagnosis: funk eV
<https://www.diagnose-funk.org/>

EMFs and Adrenal Fatigue

From: Jane
Sent: Saturday, November 12, 2016
Subject: [emfrefugee] EMFs and Adrenal Fatigue

Adrenal Reset Summit
(last day)
<http://adrenalresetsummit.com/eric-windheim/>

Eric Windheim, BA, EMRS, BBEC – EMF and Adrenal Fatigue

Eric Windheim is the owner of Windheim Environmental Solutions, a high-tech and environmental health and wellness company founded in 1991. Windheim EMF Solutions specializes in electromagnetic radiation, providing inspection, assessment, measurement, testing, abatement, and remediation of dangerous and unhealthy magnetic fields, electric fields, microwave radiation, and “dirty electricity.” Clients can feel better instantly when effective EMF solutions are enacted.

What you’ll learn from this expert talk:

- The various sources of EMF you’re exposed to
- How EMF affects your immune system
- EMF and adrenal fatigue

QUESTIONS from this interview?

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Saturday, November 12, 2016
Subject: [emfrefugee] Re: EMFs and Adrenal Fatigue

I'd just like to point out that certification in "EMRS" by Baubiology is a bit of a farce. No technical background or training is required, and it is essentially a diploma mill run by architects and builders, and not recognized by any technically competent organization that I can find.

You cannot adequately teach an entire specialty field of electrical engineering (EMC) to lay people in a 2-week class. So what you get are a lot of people who have inexpensively bought ‘certification’, but lack the background to understand what they are doing. They can only parrot Baubiology ‘philosophy’.

This is not a criticism of Eric, who I don't know of at all, and who could be quite competent, in spite of his "certificaton".

As an EE with severe ES and MCS myself and 25 years of volunteer consulting, it gets me pretty upset when severely MCS/ES disabled people get fleeced. It is extremely common to have been conned into ‘safe’ paints and sealers, and grossly overpriced air filtration/dehumidification/precipitation systems, which they could not tolerate due to electronically variable speed motor drives, switching power supplies, digital controls, and EMI spewing high voltage precipitators, only then to be sold \$500 worth of motor run capacitors (Stetzer filters) which have no effect whatsoever on high-frequency, common-mode EMI. My new MCS/ES disabled neighbor did this and then could then not tolerate his home, which he had to sell at a significant loss. I get very tire of hearing variations of this story.

I've heard these tales of woe by the dozens of MCS/ES disabled including several people who became homeless and bankrupt after building a custom home by a Baubiologist's specifications and could never live in it.

It is good that some group is trying to address issues of home air quality and EMFs, and all we can do is hope that it will get the serious technical attention it lacks today.

From: Jane
Sent: Saturday, November 12, 2016
Subject: [emfrefugee] Re: EMFs and Adrenal Fatigue

Stray dirty electricity can happen in very remote places. It has even been found in places like the John Muir Trail.

Any public thoroughway is legal place for putting cell towers and antennas.

5G cell towers are already being installed on light poles outside at least every other house in San Francisco and other big cities. A cell phone tower is a 'plume of death'.

Smart Meters are relay stations. 99+ of the radiation from your meter has nothing to do with your electricity. We cannot believe anything they say,

Cells react to this toxin disturbing sleep and adrenals. Pineal gland will not release melatonin. If you do not release melatonin your immune system suffers.

Measurements of radiation on airplanes is "horrendous".

EMF Solutions <http://www.windheimemfsolutions.com/emf-healthsafety-2/>

From: Jane
Sent: Saturday, November 12, 2016
Subject: Re: [emfrefugee] Re: EMFs and Adrenal Fatigue

Thanks for feedback on shielding and Building Biology training standards. I have continued to be cautious about shielding myself and do not use it but prefer avoidance if possible. Where would a person go for good technical advice if they seem to require shielding?

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Saturday, November 12, 2016
Subject: Re: [emfrefugee] Re: EMFs and Adrenal Fatigue

It is not easy reading, but I strongly recommend educating yourself in the electrical engineering field of EMC (Electro-Magnetic Compatibility). One of the best condensed summaries of the field is Kimmel/Gerke's Designers Guild to EMC.

EDN Designers Guide to Electromagnetic Compatibility Daryl Gerke, PE, and William Kimmel, PE – Now in PDF – <http://www.emiguru.com/books/edn-designers-guide-paypal/>

In addition, Donald White's EMC Volume 3 address shielding design. He is considered the "Godfather" of EMC.

Micheal Mardiguian is another good author on the topic.

Please note that these are NOT oriented at all towards people with electrical sensitivity. This is about practical engineering relating to shielding and filtering of emissions and NOT people. You will also have to understand the nature of ES – small improvements, like a -20dB reduction, are often not felt, so you should be thinking about military grade shielding and filtering (100dB+) if you want to be assured of success.

You can also find information on shield room design; just avoid marketing sources unless it is from well-established EMC firms/suppliers.

I highly recommend doing a lot of learning about EMC and shield room design before attempting it. It is very easy to blow a lot of time and money and accomplish nothing. Even as an EE, I made a lot of expensive mistakes before realizing I had to go "back to school" on EMC. I also had to learn the hard way that typical commercial levels (30dB at best) of filtering and shielding of a particularly bothersome source were grossly inadequate.

I'll try to answer any technical questions if you do read the above and need help.

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Sunday, November 13, 2016
Subject: Re: [emfrefugee] Re: EMFs and Adrenal Fatigue

You're very welcome.

I'd like to add a comment about stray neutral current and what is referred to as 'dirty' power.

Stray neutral current is a natural consequence of the Wye power distribution system. In Wye, the distribution neutral is 'earthed' every few poles and at every junction box and transformer. This is known as multipoint hard grounding of a low-frequency system and is something every electrical engineer has been taught to avoid. Alas, the WYE power system initial development pre-dated this understanding of the benefits of transformer isolation. Most electrical engineers have a hard time believing that Wye power transformers are 'violated' by a wire jumping from the distribution side to the secondary (customer) side, as it is such a violation of basic principles. It just shows that any system in widespread use, no matter how poorly designed, is accepted and perceived as standard practice. Wye system grounding practice was lifted from Edison's early DC grounding practice and is a technical abomination. It results in about 25% of the total neutral current returning through the earth and aquifers, as reported in on power engineering text where current flowing on power plant cooling pond pipes was measured. Even in very rural areas, you MUST measure for ELF magnetic fields (with a meter that reads down to 0.002 miligauss). You can find magnetic fields from current flowing on an aquifer two miles from a power line. You just can't tell from looking, even when you have a couple decades of experience. The standard practice of connecting the power company Wye neutral to the stainless steel case of submersible well pumps causes neutral current injection directly into the aquifer, and can cause substantial magnetic field levels in very rural locations.

‘Dirty’ power is a misnomer that really should be avoided. It does not exist in engineering and thus flags the speaker or writer as a technical nincompoop. It immediately provokes ridicule and contempt; so why not use the proper existing technical terminology? High-frequency EMI on home power is a well understood part of EMC, is extremely common and is a natural consequence of having poor quality switching power supplies, variable speed motors, and other EMI sources in the home and arcing on metal brackets close to the power lines. The latter is very common and is well covered by Marv Loftness's "AC Power and Interference", a seminal work by a brilliant man. It is a common source of truly horrible home power EMI and can only be corrected by locating the source to a single pole and getting the power company to clean and tighten the pole hardware. This common EMI source is almost purely ‘common mode’; present on hot and neutral equal and in phase. Adding 22 uF motor run capacitors (aka Stetzer filters) to the home will do absolutely nothing for this, or for the significant common mode EMI from switching power supplies. They are a bad joke promoted by the technically incompetent and/or charlatans, As soon as you see someone supporting their use, you should RUN in the opposite direction, as it is a clear indication of a grossly inadequate education about EMC and typical power line EMI.

Forgive this rant, but the preying on ES disabled by charlatans and incompetents infuriates me.

78 Cell Tower Studies. Thyroid Cancer Exponential Increase

From: Angela T.

Sent: Saturday, November 12, 2016

Subject: 78 Cell Tower Studies. Thyroid Cancer Exponential Increase.

President-Elect Donald Trump has set-up a website to get your input on how to make America Great.

<https://apply.ptt.gov/yourstory/>

I will be asking for long-overdue action on FCC's lack of action in regards to FCC proceeding 13-84 (which was regarding revision of FCC wireless limits that have been asked for by many scientists, doctors, and citizens that began in 2012 <http://www.saferemr.com/search?q=13-84> and to date no action has been taken); objection to the massive roll-out of 5G which will include cell antennas on residential property and many of the FCC's actions under Tom Wheeler, who thankfully will no longer be FCC chairman once Pres. Elect Donald Trump takes office; and writing in support of his plan to discontinue Obama's common core.

Below are some important items

1) Over 78 studies on health effects of cell towers compiled by Kevin Mottus of the California Brain Tumor Association

<http://www.mainecoalitiontostopsmartmeters.org/wp-content/uploads/2016/02/Cell-Tower-Studies-Final.pdf>

Other studies he compiled:

Over 700 studies on the health effects of cell phones

<http://www.mainecoalitiontostopsmartmeters.org/wp-content/uploads/2016/02/Cell-Phone-Studies-Final.pdf>

100+ studies on health effects of Wi-Fi

<http://www.mainecoalitiontostopsmartmeters.org/wp-content/uploads/2016/02/WiFi-and-Device-Studies-Final.pdf>

(Please note all of these studies were compiled in late 2015, so studies since that time have not been included)

2) A new scientific article from leading Swedish epidemiologist and oncologist Lennart Hardell's research team confirms that there is a substantial increase in patients diagnosed with thyroid cancer during recent years in Sweden as well as in other Nordic countries.

<http://www.stralskyddsstiftelsen.se/2016/10/doctors-confirm-thyroid-cancer-is-increasing-rapidly-in-sweden/> In the US, a study has shown that the number of cases of radiation-sensitive papillary thyroid cancer increased between 2002 and 2012 by 174%. The increase is also observed among the larger tumors (over 4 cm). Recent statistics show that between 2009 and 2014 only, the number of new patients with thyroid cancer in the United States increased from 37000 to 63000.

The increase has coincided with the growing use of 'smart phones'. They expose the radiation sensitive thyroid gland to high radiation due to the antenna's placement at the lower part of the device (which would be very close to the thyroid gland if the phone were held to the head – see picture in the article)

Take a look at this chart (shown on page 229 above) showing an exponential increase in thyroid cancer in Swedish Women Age 20-39 years. In 2008, Apple introduced iPhone in Sweden that quickly became very popular.